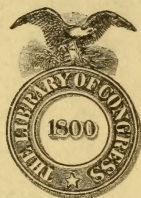


THE PEOPLE'S
MEDICAL
INSTRUCTOR



JOSEPH A. CORWELL, M.D.



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THE PEOPLE'S MEDICAL INSTRUCTOR

WRITTEN ESPECIALLY

FOR THE HOME AND FAMILY

A VALUABLE REFERENCE BOOK FOR PHYSICIANS, NURSES, DRUG-
GISTS, STUDENTS, TEACHERS AND PROFESSIONAL WORKERS.

BY
Joseph A. Conwell
JOSEPH A. CONWELL, M.D.
PHYSICIAN AND DRUGGIST

AUTHOR OF
"MEDICAL THERAPY" AND "MANHOOD'S MORNING"

A SYSTEMATIC AND COMPREHENSIVE TREATISE ON

THE PREVENTION AND CURE OF DISEASES AND COMMON AILMENTS
AND THE VALUE AND USE OF MEDICINES AND OTHER REMEDIES.

EMBRACING A VARIETY OF FORMULAS FOR TOILET, MED-
ICINAL AND HOUSEHOLD PURPOSES, RECEIPTS FOR
DISINFECTANTS, ANTISEPTICS, HYGIENIC
MEASURES, &C., &C.

FOURTH REVISED EDITION

SOLD BY SUBSCRIPTION

THE HOMINIS BOOK COMPANY

VINELAND, N. J.

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HOW TO USE THIS BOOK

Do not lock it up or hide it. Let it lie on the centre table. It contains no objectionable pictures or language. It can be read by everybody, including the children.

Read it for general information regarding sickness and health. Much of its teachings is how to keep well and avoid sickness. Many persons have read it through and found it not only instructive but interesting.

Read it instead of patent medicine advertisements, almanacs and quack doctor books. It advertises no secret medicine, advocates no ism or medical hobby.

Read part first to gain an intelligent idea of what medical treatment is, what its scope and limitations are. Fakes and frauds have flourished long enough. A new era is needed in the treatment of disease.

Read part second to gain a correct idea of the cause, prevention and cure of over 250 diseases and common ailments. Learn how best to cure common ailments and to intelligently co-operate with the physicians in treating serious diseases.

Read part third and fourth to find out what over 350 remedies are good for; how and when to use them. When they prove curative and when they are injurious. What remedies are suited and what ones are unfit for home use.

Do not aim at being a doctor nor "half doctor" by reading the book. The book is intended to correct false teachings that are widespread, impart safe and sane information and get people to use the best thing at the proper time in the most effectual way.

Consult the Index at the end of the book to find what you want. It is very complete and contains over 1300 references.



PREFACE TO FOURTH REVISED EDITION.

When this volume was first published it received from physicians, druggists, medical journals and the press generally almost unanimous endorsement. Perhaps no medicine book for popular distribution was ever so universally commended.

To meet the demands of the rapid progress made in medical knowledge the book has been thoroughly revised and much new material added. As in the first instance, the author has aimed to send forth a systematic, up-to-date book filled with the kind of information that can be used with safety and benefit in the average family. The clean and ethical features of the first edition have also been maintained. There is, we believe, not a single morbid sentence in the book. Its tone is encouraging and no one will be made sick by reading it. The morbid and gruesome medical book has been greatly overdone, and is always a public nuisance. The present volume was written for a purpose and it has a mission. That mission is to help people avoid sickness and to help them do the wise and correct thing when ill health and disease prevails in the home.

Since writing the first edition the author has added several years of active experience in compounding and dispensing medicines and remedies and coming in daily contact with the needs and desires of all kinds of people. These have been years of advancement in the prevention and cure of disease such as the world has never before witnessed. The practice of medicine has become more specialized and intensive. The changes have been

many, and an evolution in the use of drugs is constantly taking place. The fact remains that never before was a correct knowledge of the prevention and cure of disease among the people so essential and imperative as now. No fact is more apparent than that the greatest progress and the surest success in medical practice are made when physicians receive the intelligent co-operation of a well-informed patronage.

February, 1915.

J. A. C.

PREFACE TO FIRST EDITION.

No greater blessing can come to the people, unless it be exemption from disease altogether, than correct, unbiased information in regard to medical treatment; and nothing could be of more benefit to honorable, educated physicians, than for the people to become well enough informed to intelligently discriminate between valuable and useless medical measures.

The great need, as far as medical treatment of the sick is concerned, is a more intelligent and mutual co-operation between physicians and those to whom they minister. No one would feel safe in voyaging upon a ship in which the crew were entirely ignorant of sea-craft and navigation, and where the pilot came on deck only for a few minutes each day; yet much sickness is managed in exactly this manner. As a rule, the physician visits his patient for only a few moments each day, and during the remaining time the treatment is often in the hands of those entirely ignorant of the case and its requirements. In the management of chronic diseases, and most minor ailments, the physician is generally seen so seldom that the treatment is practically in the hands of the patient himself, or those most interested.

We wish to make it distinctly clear, however, that this volume is not intended to take the place of the regular, educated physi-

cian. It is not a miscalled "*Family Physician*," a "*Household Doctor*," or a "*Family Medical Adviser*." These must be *persons*—must embody life, render personal services, and dictate treatment, and not simply reflect knowledge from the printed page. They must exist as men and women, and not in the form of books.

Medical knowledge should be more general than it is. "Genuine science has no secrets; whatever it wins, it is ready to apply for the benefit of all."

What is thus true of science generally, is especially true of medical science. The health, the happiness, and the life of man are here concerned. "His religious hopes excepted, what is there that has a more direct claim on his time, his mind, his money? Yet the ignorance of the people concerning the most simple facts regarding medicine is appalling; and too many of those who have undertaken to enlighten mankind on these subjects have failed through the use of technical terms, an array of big words, and the writing of big books."

In the compilation of the present work, I have endeavored to know but one thing—that which is of practical importance to the people, and to express it in the plainest of language. The author has had no secret nostrum to advertise, no theory to champion, no hobby to ride; and at all times he has endeavored to set forth practical measures and established facts, and to avoid those things which are impracticable and void of merit.

No effort has been spared to make the book *practical*. Throughout the volume are hundreds of just such facts and suggestions as I have, in response to inquiries, explained to my patrons, day in and day out, for years.

The subjects treated in Part I are of vital importance. While they are such as are seldom discussed, it has appeared to the author that they are very appropriate and opportune, and he hopes that they will be received in the same spirit in which they were penned. They embrace features of modern medicine, of which the masses are extremely ignorant; and we feel assured that a perusal of these chapters will prove more interesting, instructive, and helpful than would be the case if the hackneyed

subjects, usually found introductory to books of this kind, had been inserted.

Hygiene and bodily health, and the Laws relating to them, have become subjects of general interest; and our public schools are making their study a feature of popular education. In many States the children, by legal enactments, are obliged to acquaint themselves with a knowledge of those drugs which act deleteriously upon the human system, and no statutes are fraught with promise of greater good. It is to be hoped that these things are only the beginning of a system of education destined to rescue mankind from the thralldom of evil habits, physical impairments, and bodily disease.

Much is to be accomplished by teaching the people the nature, cause, prevention and cure of diseases. How many lives might annually be saved if the people were thoroughly informed concerning typhoid fever? Ignorance concerning the nature of scarlet fever has sent thousands of victims to an early grave.

It is as essential that the people be taught to know and respect the laws concerning heredity, as those referring to political economy. It is as important to know how to preserve good health and prevent and cure disease, as it is to master some craft whereby to secure food, clothing, and shelter.

An intelligent, aggressive warfare against disease would almost completely drive it from the face of the earth; yet through ignorance, the people are suffering pain, and prematurely dying on every side. The prevention and cure of disease should be regarded as the most important branch of economic or social science. Every day lost through sickness, and every life cut short, are losses to society at large. Disease and physical imperfections prevail to such an extent that we are apt to look upon them as an unavoidable inheritance. We blindly associate them with the fall of Adam, and fail to recognize them as penalties for our own transgressions: we accept the ravages of disease, and premature death, as Providential dispensations, and forget that, in many instances, they are due to our own carelessness and criminal ignorance.

In writing this book, the author has kept in mind the needs of

the family. Nearly all medical books heretofore published have introduced such subjects, and contained such language or illustrations, as to require them to be kept under lock and key. The subjects alluded to create morbid feelings in most people, and benefit no one. This volume is free from objections of this kind. Those subjects and diseases which common custom has proscribed from popular discussion, have been omitted, and the author feels confident that he has yielded to a wholesome demand in avoiding them. The present volume may occupy a place on the centre table, and its contents may be read and studied by all, both young and old. Much of the prevailing ignorance concerning medical matters is due, no doubt, to the fact that the books treating of these subjects have either been unfit for general reference, or they have advocated some pet hobby, or incorporated some advertising scheme of the authors', and have in no sense represented legitimate and scientific medical practice.

The author has freely consulted the scientific and standard medical text-books of the day, and while the present volume conforms to their teachings, we have used such language only as every one can understand. Uncommon words and Latin terms are, in every instance, accompanied by well-understood synonyms or explanatory paragraphs, thus avoiding the necessity of a glossary.

The index at the end of the volume is very complete, and no difficulty will be found in finding any subject or item in the body of the book by first consulting the index.

J. A. C.



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BOOKS ON SPECIAL SUBJECTS

Books treating of Health, Hygiene, Sanitation, Diet, Nursing, Parenthood, Infancy, Sex, Eugenics and similar subjects were never so numerous as now. Such knowledge is vital to every home. The following are selected from a long list of reliable books, all of them instructive and useful. They will be sent anywhere by the publishers upon receipt of price.

RURAL HYGIENE. By H. N. Ogden. \$1.50.

The Macmillan Co., New York.

A comprehensive and valuable treatise.

1001 TESTS OF FOOD AND BEVERAGES. Harvey W. Wiley, M.D.

Hearst's International Library Co., New York. \$1.50.

A practical exponent of Pure Food and Sound Health.

THE CARE AND FEEDING OF CHILDREN. By L. Emmett Holt, M.D.

D. Appleton & Co., New York. 82c.

"It has saved thousands of lives."

MOTHER AND CHILD. By Edward P. Davis, M.D. \$1.50.

J. B. Lippincott & Co., Philadelphia.

An ably written book for mothers.

THE HOME NURSE. By E. B. Lowry, M.D. \$1.00.

Chicago Medical Book Co., Chicago.

A book for Home Instruction.

A HAND-BOOK OF NURSING. Conn. School for Nurses. \$1.25.

J. B. Lippincott & Co., Philadelphia.

For the Household and Trained Nurse.

FOUR EPOCHS OF A WOMAN'S LIFE. By Anna M. Galbraith, M.D.

The W. B. Sanders Co., Philadelphia. \$1.50.

Covers all phases of Woman's Nature. Excellent.

SOCIAL DIRECTION, HUMAN EVOLUTION. W. E. Kellicott, Ph.D.

D. Appleton & Co., New York. \$1.50.

The Science of Eugenics in Race Betterment.

HOME NURSE'S HAND BOOK. Charlotte A. Aikens. \$1.50.

W. B. Saunders Co., Philadelphia.

Home nursing of the sick and care of baby.

PART I.

FACTS ABOUT MEDICINE.

THE SUBJECT

CONSIDERED FROM A PRACTICAL STANDPOINT.

MUTUAL RELATIONS AND INTERESTS.

MODERN CHANGES IN MEDICAL PRACTICE—PATHIES AND SYSTEMS
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PART I.

FACTS ABOUT MEDICINE.

INTRODUCTORY.

THE CLAIMS OF MEDICINE—MODERN CHANGES IN MEDICAL PRACTICE—IGNORANCE OF THE PEOPLE—THE ART MORE DIFFICULT TO COMPREHEND—THE SCOPE OF MEDICINE—PATHIES AND THEORIES—REGULAR AND IRREGULAR PRACTITIONERS—EXTENT OF THE MEDICINE BUSINESS—POPULAR INTELLIGENCE ON THE SUBJECT A DUTY.

So long as people get sick and suffer pain and physical deformity, they will be interested in the subject of medicine and its administration in the treatment of disease.

PHYSICAL TRAINING, DIETETICS, HYGIENE, and the various methods and appliances which modern genius and research have introduced for the prevention and cure of human ailments, are all given a welcome recognition; but none of these things, nor all of them combined, will render the use of medicine unnecessary, until they make disease impossible.

The efforts of the sick to obtain relief by the aid of medicine are instinctive and natural. In Holy Writ and history the necessity of resorting to medicine in some form, for the cure of disease, has always been recognized. Among nearly all nations the cure of disease is regarded as next in importance to the care for food, clothing, and shelter. Even among our North American Indians the "*Medicine Man*" usually stands higher in influence than the acknowledged chiefs of the tribe.

THE SCIENCE OF MEDICINE has undergone great changes, both in principles and practice, during the generation just past. The relations formerly existing between the medical profession and

the people were very different years ago from what they are now. The gap between the doctor and his patients, as far as a knowledge of medicine is concerned, is a wider one. The physician no longer weighs and mixes his medicines in the sick-room; he no longer bleeds, administers emetics and purges; he has abandoned those measures which by their prominence and distinctive characteristics leave a definite imprint upon the mind. In former times, the tortures inflicted by the doctor, in his heroic efforts to cure, lingered in the mind long after all memory of the disease itself had fled. In those days the people knew exactly what was being done by the physician, and in no small degree grasped an idea of the methods and principles which formed the basis of his practice.

THE LANCET, THE EMETIC, THE CALOMEL AND JALAP, have passed into history. At least half of the physicians who are practicing at the present day never bled a patient, administered an emetic, or prescribed a drastic cathartic as mixed in former days. The strange part of it is that the people do not know what has taken the place of those old standard remedies and modes of treatment. *What is used in place of the lancet? What takes the place of the emetic? What renders salivation unnecessary?* The people cannot answer these questions, and it is difficult to enlighten their minds on the subject. The practice of medicine has become an exclusive art; its details have become complex, and the knowledge necessary to guide the modern practitioner is technical and scientific, and not easily explained or readily comprehended. These changes have been accompanied by a remarkable multiplication and growth of various pathies, systems, theories, and methods of treatment, all of which are being industriously pressed into popular favor by ingenious and enthusiastic champions.

To complicate matters, the country has become flooded with patent medicines; and men with special hobbies have posed as healers of disease, until the field of medicine, to the ordinary mind, is a realm of confusion and bewilderment. The popular medical literature of the day is confined almost entirely to newspaper advertisements, circulars, pamphlets, and books that have been written and circulated to popularize and secure patronage for some secret nostrum or some pretentious quack.

THE SCOPE, OR DOMAIN OF MEDICINE, in its broadest sense, includes everything which has for its object either the prevention, palliation, or cure of disease, no matter what theory it involves, what doctrines it adheres to, what system it follows, or what methods it employs. Viewed in a more rational light, true medical science embraces all that is good in all pathies, faiths, cures, theories, and systems, and in drugs, agents, and measures which they employ. The remedy may act on the system at large, locally upon the disease, or upon the mind. It may remove the disease by some specific action, some chemical antagonism, or by changing the physiological conditions upon which the existence of disease depends.

Good medical practice may also embrace a change of surroundings, environments, and habits, together with the use of all those influences which act favorably upon the mind, imagination, and belief, and those which tend to develop and inspire the powers of that higher nature which every human intelligence is supposed to possess.

Medical theories are almost without number, and yet, while they more or less blend with each other, separate and ingeniously wrought distinctions are kept up by those who make hobbies of them, and who, in order to gain a following, strive with indomitable zeal to bias and prejudice the minds of those who are willing to listen.

A **REGULAR PRACTITIONER OF MEDICINE** is one who has pursued a full, recognized course of study, passed a successful examination at some legitimate College of Medicine, and who adheres to no pathy or creed. Such a physician is supposed to endorse and make use of everything which has proved itself of value in relieving suffering or curing disease.

AN **IRREGULAR PRACTITIONER OF MEDICINE** is one who has never pursued a prescribed course of study, who has never been examined and graduated; or one who has received a diploma from a college where some special theory only is taught, such as the water cure (Hydropathy), the cure by electricity (Electropathy), etc. He is one who, for the sake of creed, denies himself the privilege of consulting the broad

domain of liberal and universal truth in his efforts to battle with disease.

To meet the demands of all the systems, principles, theories, and methods of medical practice, we find enlisted a vast army of regular and irregular practitioners, who appeal for patronage to the vast army of sick and afflicted. The former class includes about sixty thousand of the more regular physicians of the several systems, and thirty-four thousand druggists; to which must be added charlatans, quacks, frauds, and medical itinerants without number. There are about fifteen thousand patent and proprietary medicines on the market, and a large number of various measures and medicaments which it is impossible to briefly classify, but which do a thriving business, chiefly through the mails.

The amount annually spent for medicine and medical treatment in the United States may be fairly estimated at two hundred million dollars. The traffic in drugs and medicines forms an important item in American commerce, and the revenue from advertising patent medicines is one of the chief supports of the public newspaper and periodical.

For the ordinary observer to undertake to grasp the subject intelligently, and to render a rational judgment upon the relative virtues of conflicting theories, opinions, and boldly pressed hobbies, is a task both difficult and bewildering. When we realize that teachers in medical schools, medical practitioners, manufacturers, compounders, and dispensers of medicines, and those who pose as healers of the sick, are directly responsible for what is being done to battle with disease, and that to them the people anxiously look for help, it becomes a matter of great concern to know what they really accomplish in their efforts to relieve physical suffering and heal diseases. It becomes a duty to intelligently inquire what methods are employed, what remedies are used, and, if possible, to decide what pathy, theory, system, or measure is best calculated to attain the end in view.

If all theories are practicable, effectual, and correct, it becomes us to inquire which is the best. If all are imperfect, and fraught with error and false ideas, it is important that we should decide which is the least objectionable. If there is only one correct

system in which to place our confidence, or only one theory founded upon correct and rational laws, it is our plain duty to single it out, and, no matter what pathy or theory it may be, to familiarize ourselves with its principles, consistently adhere to its teachings, and, when overtaken by disease, avail ourselves of its virtues, with an implicit and abiding faith in the agencies it employs.

PATHIES OR SCHOOLS OF MEDICINE.

SYSTEMS OF MEDICINE—THEIR MULTIPLICATION—GAINING POPULAR FAVOR—CONVICTIONS VS. OPINIONS—SOME GOOD IN ALL—HOMEOPATHY—ECLECTICISM—ELECTRICITY—“CURES”—NO NEED OF PATHIES—THE PEOPLE MUST INVITE A REFORM—PATHIES TO BE DISCOURTENANCED—THE FUTURE OF MEDICINE.

Some time ago I stood on a street corner in a large western city and read the signs of thirty-nine doctors in the windows of a building on the opposite side of the street. Most of these signs made known the name of the “*pathy*” designating the theory or plan of treatment followed.

There were almost as many pathies, or modes of treatment, represented as individual names. It is natural to presume that all these doctors were educated, honest, scientific men, and that each one was following his own chosen plan or method of treatment because he considered it *more potent*, and superior to all others. It may be inferred, however, that they, individually, had no settled convictions in regard to the matter, but were simply practicing on different lines of treatment, in response to what seemed to them a popular demand. The latter supposition is probably the correct one.

Up to the time of Hahnemann, while men differed in their opinions and plans of treatment, there was no real breach of the medical faith. The apostle of “*Similia similibus curantur*,” however, found it necessary, in order to distinguish between his own theory and the previously existing system, to give each a name

He promulgated his theory under the name of Homeopathy, and applied to the existing system the term "Allopathy." The regular profession of medicine, however, has never accepted the latter title, and perhaps never will. No such epithet is necessary.

Since the advent of Homeopathy, prompted, no doubt, by its success, other theories have been evolved, and have isolated themselves, until we have a great number of pathies, or plans of treatment, all endeavoring to gain popular recognition and endorsement.

We have the Homeopathic, Eclectic, Hydropathic, Electropathic, Polypathic, Mental Science, and various other systems, all having a considerable following, and each of them possessing some characteristic features of excellence.

It is for the people to decide whether every new idea in regard to the treatment of disease shall, in turn, be accepted as worthy of popular favor and patronage or not. So long as new theories and pet hobbies can gain attention, secure patronage, and obtain financial support from the people, they will continue to exist, multiply, and press their claims upon the public.

There is an impression abroad in the land that charlatanism, quackery, and deception will succeed just as well as, or better than, rational, honest effort; and that the people are led as completely by strange and fanciful doctrines and hobbies, as by measures that bear the imprint of mature judgment and intelligent common sense. That there are well-grounded reasons for this impression cannot be denied.

One of the boldest medical charlatans I ever met, under the cloak of "A new and wonderful theory on the treatment of disease," located himself in a certain town some years ago. The people paid him over one hundred dollars per week for several weeks, receiving in return absolutely nothing—not even so much as a drink of cold water—while in the same town was a young physician, bright, intelligent, and well educated, who had spent four years in mastering his profession. The latter was an ornament to society, and he rendered the best possible service to those who employed him; and yet the people failed to increase his coffers to the extent of six dollars per week for a whole year.

What is true of itinerant medicine men, charlatans, and false teachers generally, is true of medical schools, pathies, isms, theories, and systems. Inventive genius and money-loving ambition will allow no strange notions or anxious longings of the sick and suffering to remain unsatisfied. While the people are directly responsible for the inception and growth of all these different medical isms and pathies, they are, at the same time, unable to correctly discriminate between the worthy and the unworthy, the useful and the injurious, the good and the bad. The various isms are all tacitly accepted as worthy and valuable additions to a liberal science. No matter how crude or ridiculous the theory, or what means are employed to attract public attention, if the educated and respectable portion of the medical profession venture an objection or criticism their motives will be misunderstood, and all antagonism from this source is at once transformed into advertising capital. Those who champion medical hobbies invite opposition in order to gain notoriety and to secure an opportunity to pose as professional martyrs, and thereby secure sympathy and support.

It is proper and right, and, more than this, it is the plain duty of all, to acquaint themselves with this subject, and intelligently decide wherein exists the true and rational theory and practice of medicine.

Does the "old school" system, in its present scope, embody all that is desirable? Is the theory of Homeopathy adapted to, and worthy of, universal favor? Is Eclecticism worthy of a dominant position in medical practice? Is the "Faith Cure" to heal the world? Or are we to explore further, and discover, amidst the hidden recesses of truth, the magic influence that will banish sickness and suffering?

That the conflict kept up by opposing factions and creeds in medicine has kept in the background much valuable truth, and denied the people much of practical value, cannot be denied. The clear sunlight of reason seldom shines where strong personal considerations enter into the war of medical factions. The extravagant pretensions necessary to success convey to the ordinary mind but little conception of real facts; and a consistent outline

of the various platforms of medical belief is seldom presented to the reading public.

An estimable friend has taken occasion to counsel the writer in regard to the general tone of this particular chapter. He advises me to treat this subject very superficially, and say nothing against any school of medicine, any theory, pathy, or doctrine. He suggests that a book for popular distribution should cater to the whims of all, for there is no medical ism, be it ever so ridiculous or absurd, but what has its followers; and that if I accommodate my book to the diversified fancies of the public it will redound to my personal advantage. Indeed, it would not be difficult to persuade me into the belief that policy would dictate that no infringement be made of any one's opinions. My friend was honest and sincere, and his advice contained all the force of business policy; yet a strong conviction of what I adhere to as scientific and rational truth will not allow me to vacillate amid conflicting opinions and error.

There are no principles more important to the human race than those which constitute the foundation of medical training and practice; and no one has a right to rest his belief upon popular notions or current opinions in relation to this subject. Great and important questions demand convictions, not opinions merely. The habit of acquiescing with floating impressions and of peddling promiscuously conceived ideas is always on the side of danger; the good influences of not only religion and politics, but of medicine as well, have been greatly lessened by the unwarranted confidence of the popular mind.

What the people want is not theoretical ideas, but intelligent, settled convictions; not to think what is merely good policy, but to know the truth; not to depend upon hasty and superficial observations, but upon demonstrated facts; not to be led by the extravagant assertions of some enthusiastic hobby rider, but by the counsels of mature and settled judgment.

The time is ripe for a candid and honest service from the medical fraternity. For a full century variances and prejudices have marred the history and crippled the usefulness of medicine. The sick and suffering deserve and are entitled to the very best

medical treatment the world affords. That kind of knowledge and training most conducive to the best possible curative results should flow as freely as water throughout the land, and to the uttermost ends of the earth, without being hindered or distorted by narrow or prejudiced minds. It is a grave injustice to lead the people away from the broad and liberal truths of medicine with any narrow theory, pathy, hobby, or secret nostrum.

When the people ask for bread they do not want a stone. The sick and suffering ask for health, and they desire it by the nearest and best route. It is their privilege and duty to *demand* it.

What have the various exclusive pathies and narrow medical theories to offer to recommend them to an interested and exacting public? The writer does not believe in any one of them as an exclusive doctrine. At the best they are all circumscribed by contracted teachings, well-worn ruts, and traditional practices, which long since should have become obsolete. Yet it must be admitted that a great deal of useful knowledge and some valuable discoveries have been contributed by those who, for a season at least, labored and experimented in isolated and theoretical fields.

Homeopathy, for example, has exercised a wonderful and salutary influence upon medical practice. When it raised its banners, a century or more ago, the pendulum of practice had swung to the extreme limit of large doses of powerful drugs. Its advent found the sick vomiting under the influence of emetics, bleeding to exhaustion from the use of the lancet, and the teeth falling out from the effect of heroic doses of calomel.

Rational measures had been long forsaken, and common instinct gave Homeopathy, with its small doses and tasteless remedies, a welcome; and at the expense of medical folly it gained a foothold, and for a whole century it has existed and grown. While the old school has denounced it, and Homeopathy in return has denounced the old school, it has greatly influenced and modified the administration of drugs. The heroic treatment of former times has given place to milder methods, and none are more willing to acknowledge the value of the reform than those of the old school who have accepted it and profited by it.

The formerly prevailing system has already met Homeopathy

more than half way, and I am inclined to believe that a happy and more reasonable system of beneficent medical practice is close at hand. Homeopathy has also undergone a great change. It has so outgrown small doses, simples, and "like cures like," that there now exists much less reason for an antagonistic attitude between the two systems than many people believe.

Some days ago, in response to two postal cards, the postman handed me two price lists and formula catalogues in the same mail, one from a well-known firm of homeopathic pharmacists, and the other from the establishment of a large New York firm, manufacturers of "allopathic" medicines. Strange as it may appear, these two houses are manufacturing medicated tablets of the same composition and in the same doses. The following are selected from a list of more than a hundred combinations, all of which are exactly alike. The amount given represents quantity of medicine in each tablet.

HOMEOPATHIC.		"OLD SCHOOL."	
{	Quinia sulph., 1 gr.	{	Quinia sulph., 1 gr.
{	Acid. arsen., $\frac{1}{50}$ gr.	{	Acid. arsen., $\frac{1}{50}$ gr.
{	Strychn. sulph., $\frac{1}{50}$ gr.	{	Strychn. sulph., $\frac{1}{50}$ gr.
{	Morphia sulph., $\frac{1}{4}$ gr.	{	Morphia sulph., $\frac{1}{4}$ gr.
{	Atropia sulph., $\frac{1}{150}$ gr.	{	Atropia sulph., $\frac{1}{150}$ gr.
{	Opium pulv., $\frac{1}{8}$ gr.	{	Opium pulv., $\frac{1}{8}$ gr.
{	Tartar emetic, $\frac{1}{15}$ gr.	{	Tartar emetic, $\frac{1}{15}$ gr.
{	Calomel, $\frac{1}{2}$ gr.	{	Calomel, $\frac{1}{2}$ gr.

Because a remedy occurs in small pellets or tablets is no reason why it may not possess great power; indeed, the full dose of many alkaloids and active principles is exceedingly minute. While many of the so-called medicated pellets are entirely free from poisonous qualities, it is never safe to use them other than strictly according to directions.

The stress which homeopathic practitioners have laid upon diet, clothing, habits, and other sanitary measures has had a most beneficial effect. It must be admitted, however, that experience has failed to establish a basis for "*Similia similibus curantur*," or "Like cures like," and that the infinitesimal dilutions and attenuations, especially of inert substances, are intrinsically, absolutely,

and positively worthless. We are quite sure that its practitioners have long transgressed the theoretical laws laid down by its founder, and while they adhere to it in name, yet in practice they exercise a liberal independence.

Eclecticism has exerted a wholesome influence over the use of drugs, and during its aggressive days it added much to the store of useful knowledge. Many of the drugs discovered and introduced by this school have found an honored and useful place in the vocabulary of medicine, and many of its teachings have been accepted as tenets of faith worthy of universal sanction. By confining their practice almost exclusively to the use of vegetable substances, and by denouncing the careless use of minerals, especially preparations of mercury, eclectics have created a popular prejudice against the use of powerful drugs, the effect of which has been to curtail the medical use of mineral substances to a minimum. The reckless use of calomel was at one time doing great injury, and the influences against such a pernicious practice were strongly supported by the disciples of the Eclectic school. Yet Eclecticism offers no special features of its own to call forth the favor of universal sanction. Its mission, like that of other exclusive doctrines, has been more to correct existing errors and abuses, than to serve as the foundation for broad principles of medical practice.

Hydropathy is a good thing. We all believe in water, and think it should be used liberally, both internally and externally, hot and cold, fresh and salt; but it is a mistake to suppose it can be made to supplant the entire materia medica. Electricity is a wonderful restorative agent, and every physician should familiarize himself with its proper use and employ it in his practice where needed. I heartily endorse those specialists who have made a study of this form of medical treatment, and who, in their practice, are honest enough to limit its use to those cases only which may be benefited by it. But when a man starts out to practice the system of Electro-therapy, armed with no weapon except a battery, and offers to cure any and all diseases by its use, his course should never be approved. Electricity is a dangerous instrument in the hands of an ignorant pretender.

Massage, Thermo-therapy, the Movement Cure, the Rest Cure, the Exanthematic Cure, the Grape Cure, the Milk Cure, and the Faith Cure are all valuable as incidental methods of treatment, and each is applicable to a limited range of therapeutic utility. Some of them require very special study and equipments. The great tendency, however, is for those who practice these special methods to employ them far beyond the scope of their usefulness. They at most can be useful only so long as they are auxiliary to a liberal and comprehensive system of practice.

The people should have access to all that is good in all medical creeds and modes of treatment without encountering conflicting prejudices or opposing interests. What we need is a new order of things within the realm of medical practice. Those who have enlisted in the profession should aspire to a position worthy the honor and importance of the calling of their choice. The good and great should dominate, and rise above narrow isms, pathies, and dogmas, and get out of traditional ruts.

The people should no longer be satisfied with a slice of medical truth, but should demand the entire loaf. Theories should exist only as channels to carry crystallized knowledge and experience into the great storehouse of truth; and every pathy should be offered as a sacrifice at the shrine of a system of medicine embracing all that is good. Every element in nature, every achievement of the chemist, every discovery of the investigator, and every device of genius should become a part of a true and rational plan which all physicians will be glad to study, profess, adopt, and practice.

The people must invite a reform and prepare the way for a new order of things. I am sure that the great body of medical practitioners of all schools are tired of exclusive doctrines. Modern research and experience have caused the science of curing disease to entirely outgrow the narrow limits of any creed, and their existence is not in harmony with the progress of a liberal and conservative age.

The people are not getting that which they are entitled to; they are deserving of better things; and it will be the advent of a new and more wholesome era in medical practice when they

demand that those into whose hands they entrust their lives, and the lives of those they love, shall be liberal enough, when called to the bedside of the sick, to ask themselves the question: *What is the best treatment known to the world for a case like the one before me?* and to answer the question by doing the correct thing without regard to creed or custom. It is the people's privilege to abandon all theorists, one-idea hobbyists, and narrow-minded men, and demand the services of practitioners of medicine in its broadest and best sense.

CHOOSING A FAMILY PHYSICIAN.

FAMILY DUTIES—THE FAMILY PHYSICIAN—HIS RELATIONS—HIS ADVANTAGES
OVER OTHERS—OUTGROWTH OF MUTUAL RELATIONS—WE ARE WALKING
ADVERTISEMENT OF OUR PHYSICIANS—CHANGING DOCTORS—BUSINESS
POLICY—A BIG PRACTICE—OLD AND YOUNG PHYSICIANS—SOME CAUTIONS.

To appreciate the beautiful in nature or the intrinsic in art requires the best efforts of trained judgment; and the same law applies in choosing a family physician. To render the best possible service, a physician must rank high in the scale of intelligence, artistic skill, and in the finer qualities of manly character. In making a wise choice from among those willing to render their services, it is necessary for us to be able to discriminate between essential and desirable qualities on the one hand, and non-essentials on the other.

No one has a moral right to use any drug or employ any medical adviser unless, in doing so, he exercises a confidence that will bear the sanction of candid, intelligent reflection. We should be able to tell *why* we have faith in a medicine before we swallow it, and be possessed of thoughtful reasons *why* we have confidence in a physician before we seek his services. If we stop short of this we neglect an imperative duty, and our negligence is fraught with dangers, unfortunately too little regarded.

A city or community may be abundantly supplied with physi-

cians possessing all desirable knowledge and qualities, and the people, by failing to appreciate the characteristic features of medical practice, lose the benefit of their skill.

Every family should have its recognized physician; the members of the household should know, and the doctor should know, that, so far as the health of the family is concerned, their interests are mutual and thoroughly understood. A husband and wife, aside from choosing each other and selecting the place they are to call their home, have no choice of greater importance to make than that of selecting their family physician.

The family physician is, in many respects, more closely related to the family than any other person. He crosses the threshold with unusual privileges; he becomes cognizant of personal privacies, and to him are made known those things which are sacredly withheld from others. Other people halt at the fireside, and, restricted by social courtesies, enjoy our hospitalities; but the physician, by the province of his mission, advances beyond all these. In full possession of our confidence and faith, he is told what diseases we have had, what frailties our ancestors were subject to, and what class of diseases are apt to affect us most. He becomes acquainted with our physical infirmities, our peculiarities, idiosyncrasies, and predispositions. He steps upon sacred and what is to all others forbidden ground. He bears forth knowledge which he has no right to intimate or whisper to his nearest associates.

If the practice of medicine is a noble profession, demanding the utmost devotion to it, those who aim at its highest attainments should certainly enjoy a degree of public confidence not bestowed upon those who are less worthy. Those who honestly endeavor to be guided by the highest principles, and who cheerfully submit to the most exacting and arduous requirements of medical practice, deserve to be recognized as better prepared to combat disease, and more deserving of confidence and patronage, than those who lazily perform the routine duties of professional life, and who shrink from the cares and anxieties which a faithful service demands.

Skill and success in medical practice do not depend so much

upon meeting emergencies as upon collecting and connecting observations and shaping the treatment accordingly. "Observation," says one, "is the sheet anchor of medical practice." "Experience is the cardinal guide in all the activities of life;" and what is observation but the deductions of experience? Again, how can a physician secure experience and observation in a family unless he is given all the opportunities which an individual service renders? The history of the family health, the peculiar physical traits, predispositions, and inherited tendencies are the things with which the physician must deal in treating diseases. If these things were uniform in all individuals, we presume that disease would affect all alike, and there would be but one treatment for each complaint. But individual and family peculiarities cause all manner of diversities, and a knowledge of these things greatly fortifies the doctor. As a rule, physicians do not lose many patients because they do not understand the diseases they are called upon to treat, but they very often fail to benefit because they do not understand the individual peculiarities of the patients.

Could we successfully urge the head of every household to always have some one who is recognized by each member thereof as OUR FAMILY PHYSICIAN, one of the most important missions of this volume would be accomplished. Every family should have a thorough understanding with some reliable, capable medical practitioner in regard to this matter. A physician can be of infinitely more benefit to a family if he knows his services are to be permanent. The sooner the people realize this fact the sooner will scientific medicine become a greater blessing than it has been in the past. The preaching of the Gospel cannot be of much help to those who pass from one church or creed to another, much less can medicine help those who are constantly changing from one doctor to another. Permanent and well understood relations are the strongest mediums through which to impart a beneficial and lasting influence.

When a physician becomes fully convinced that he is the established medical adviser of the family, he at once feels that upon his shoulders has been laid a responsibility calling for his best

trained efforts. It at once becomes an interesting duty to respond to all calls, night or day. He can take the liberty to give expression to his honest convictions in regard to all matters upon which he is consulted. If medicines are needed, he prescribes them; if they are not needed, he candidly advises against their use. He ceases to feel the need of being a business man, with its business policies, in such a family, and he feels encouraged to impart the full benefit of his professional knowledge and experience.

Every member of the family becomes a living advertisement of the ability and good judgment of the family physician. Good health, few ailments, and rapid and complete recoveries following the practice of a physician, are recommendations to which the most modest doctor is glad to refer, while continued invalidism, crooked bones, unnecessary scars, chronic complaints, or other physical defects remaining after professional skill has been employed, are things that every ambitious physician diligently endeavors to prevent.

"Who is your family physician?" "What doctor is attending Mr. So and So?" "What doctor did they employ?" are questions constantly being asked, and their answers carry with them a weight far too little appreciated. They contribute largely toward the success or failure of every practicing physician.

Many people do not confine their patronage to a physician, because they imagine that it is less expensive to resort to patent medicines when sick, in which case they escape the fees for professional advice. Such a course shows lack of judgment. When we consider the mistakes in diagnosis so liable to be made, the doubtful character of secret nostrums, and the ultimate failure so common in using them, it becomes an obvious fact that, in the long run, to employ a regular doctor is not only the wisest, but the cheapest plan possible.

Others believe that by patronizing first one doctor, and then another, it will cause some rivalry between them, that will result in concessions of terms. Such motives are dishonest, and cannot be too strongly condemned. A matter of policy often influences others. In this age, when diversified business interests weave

themselves into every calling, policy often demands that we extend our patronage promiscuously, to foster reciprocal influences; but such a plan should never be adopted in the employment of medical aid.

There are those who employ a physician to treat a case of sickness as they would a tramp to chop a pile of wood. They are so afraid that he will run up a big bill, that they interpose and endeavor to regulate his visits, and take the liberty to tell him when to discontinue them. A physician always knows, far better than any one can inform him, when his services are no longer needed, and such matters should always be left to his judgment.

If we are to judge from experience and observation, many people have an abiding faith in drugs—for they are always taking them; but they entertain a very shabby opinion of doctors. We do not know why this is so, but we believe it is largely due to ignorance of the real value of medical learning and skill. Unfortunately, success does not stand out in a tangible shape, so as to be recognized. One doctor may save hundreds of lives in a lifetime and another may fail completely, yet the world fails to see the difference between them. Success in practice can never be fully appreciated by the people. Naturally, the best physicians will be called in to treat the worst cases, and the less skillful to treat the less difficult ones; and it often happens that the most skillful physician fills out the most death certificates. I can recall several instances in which I know that medical skill saved life; but I am sure that scarcely a single layman who reads this book can positively name such a case, because he has not the same means of knowing that a physician has; on the other hand, there are instances, occasionally, in which the lack of medical skill has resulted in—well, the laity is ignorant of the other side also.

Most people presume that if a physician enjoys a large practice he must necessarily be very skillful. Nothing can be more misleading. While a large practice is favored by skill, yet other things than simply skill and medical lore are essential to a large practice. The practice of medicine is both a profession and a

business, and upon ability in the latter, as well as in the former, success depends. Business tact, pleasant manners, personal magnetism, social advantages, and enthusiastic push often overcome the obstacles to success. All things considered, the doctor who aims at the quality rather than the quantity of the work he does is to be preferred. He who has a medium practice is to be selected, rather than one who has not enough to keep him interested, or who is so extremely busy that he has no time to keep his medical studies up to the always advancing requirements of his profession.

Popularity cannot always be accepted as a correct measure of a physician's ability. There are all kinds of levers used to lift men into popular favor. Imitations generally dazzle the eye more than pure gold. It is easy to veneer ignorance with sham pretensions. Artificial wisdom and assumed dignity often take with the people, better than the modesty of less obtrusive but more genuine worth.

It is not necessary or essential that a physician should be an old man. It cannot be denied that experience is a valuable guide in diagnosis; at the same time, an intelligent, clear-headed young man, just out of college, where the masters of the art teach and practice, can claim some advantages also. If the physicians who have been long in the field were to go back to college and take a post-graduate course—which all physicians should do every ten years—the practice of most of them would undergo a revolution. "The doctor who gives much medicine and many medicines, who is continually changing them, and who does not insist upon knowing all about your habits, as to diet, meal times, sleep, modes of work, and hours of recreation, is, on the whole, one to be avoided. The family doctor is, most of all, apt to fail as to these details, especially if he be an overworked victim of routine, and have not that habitual vigilance of duty which should be an essential part of his worth. He is supposed to have some mysterious knowledge of your constitution, and yet may not have asked you a medical question in months or years. Too much is taken for granted, and unreliable opinions are the outcome of carelessness. Every new case in a household should be dealt with as if

it were a stranger's, and outside familiarity should not be allowed to breed contempt of caution in study or lead to half measures."

The family physician should be a man in whom all can place full confidence and an unwavering faith. It is a great misfortune to lose faith in a physician at a critical time, or to find it necessary to change the treatment when life hangs by a single thread.

The only safe course is to begin with the right kind of medical adviser—one who can be implicitly trusted, no matter how desperately disease battles for the lives of those in whom we are interested; and instead of becoming uneasy and dissatisfied when critical illness arises, we can feel assured that the correct thing is being done, and that our efforts to co-operate all tend to produce the best possible results.

SPECIALISTS.

THEIR USEFULNESS—COLLEGES ENCOURAGE SPECIALISTS—THE FUTURE OF MEDICINE—SURGERY—DENTISTRY—OCULISTS—NOSE, THROAT, AND SKIN DISEASES—QUACK SPECIALISTS.

A specialist in medicine, in the true sense, is a physician who makes a special study of some disease or class of diseases, and devotes his time and energies to their treatment, to the exclusion of what is commonly called a general practice.

The practice of medicine and surgery, especially in large towns and cities, is fast dividing itself into special departments. This is a legitimate and desirable movement, because it is impossible for any one person to become thoroughly proficient in all branches of medical knowledge.

Our medical colleges are recognizing the practicability of special lines of study and practice, and specialists are being called upon to teach those branches to which they have devoted years of research, and about which they are necessarily well informed. A thorough mastery of the knowledge of any disease or class of diseases requires special study and training, and a consequent

neglect of other important branches of medical knowledge. Hence we have physicians whose practice is confined to one organ or one class of diseases, as of the eye, ear, throat, nose, lungs, skin, nerves, etc.

While this division of medical practice has met with considerable opposition, it is, nevertheless, in the line of genuine scientific advancement, and it receives the approval of the best minds in the profession. To administer the right medicine and do the right thing at the right time is the aim in ideal medical practice; but the literature of the age is so voluminous, and the entire domain of medical research is so comprehensive, that it is impossible for one mind to grasp more than a general idea of the whole.

A general practitioner can seldom do more than follow the general plans of treatment set forth in the various standard medical text-books, and it is not safe for him to venture any important conclusions in opposition to them, from his own limited range of observation. It requires an extended and varied experience to test the real virtues of any medicine. A fair test can scarcely be determined within the scope of any ordinary medical practice. In accomplishing a cure, a medicine must run a race with nature, which naturally travels toward health; and it requires not one trial merely, nor a score of trials, but hundreds of cases of the same general character, under various conditions and circumstances, to secure a correct knowledge of any remedy. The few cases of any one disease which come under the observation of any physician in general practice are entirely too limited to admit of any definite conclusion regarding any form of treatment. The above statements have been well proven by the way in which calomel, bleeding, and many other supposed remedies have secured and maintained, for a long time, almost universal popularity with the medical profession; and, although some of their ill effects took place immediately under the eye of the physicians, their ultimate tendencies for evil long escaped observation. Many medicines have enjoyed high repute, only to be found useless or harmful in the end, and finally to be banished from practice or confined to very narrow limits. The lancet, calomel, tartar

emetic, and alcoholic stimulants were for a long time considered indispensable in the practice of medicine, but they have in great part given place to other and safer remedies.

Special study and practice in particular branches have a tendency to detect and exclude worthless remedies and to improve upon efficient methods of treatment. The specialist is destined to carry medicine beyond the realm of experiment, and establish a basis upon which demonstrated principles, and not contending theories, shall rest. The future of medicine will, no doubt, be a history of special study, research, and practice. That will be the Age of Specialists. Men who in their own particular departments of medicine and surgery are striving to lay the foundation of a better system of medicine, and are devoting themselves to a single disease or class of diseases, are on the right track, and may be expected to become the future safeguards of the profession. Surgery is the most important branch of special practice, and relates to that branch of the healing art devoted to the cure of external diseases, especially where manual treatment is required.

The dentist is the most isolated specialist connected with the science and art of medicine. The treatment of the eye has become almost as exclusive as dentistry, and in almost every large town or city oculists can be found, who are equipped with apparatus essential in diagnosing the various malformations, imperfections, and diseases of this important organ. The nose, throat, and skin are also becoming subjects of special study, and all along the line of the art of curing we find those who, by choice, force of requirements, or natural selection, make a study of special departments of medical knowledge.

Warning should, however, be given against a horde of charlatans, who style themselves physicians, and who, with flaming advertisements, infest our large cities or go from place to place, professing to be specially qualified to treat certain diseases. Most of these men treat those diseases most easily remedied, such as nerve, pulmonary, stomach, and liver troubles. They avoid all branches requiring artistic and intelligent skill, and select only those lines where deception can be practiced, and, if possible, where temporary relief is easily imagined. The same rules which

condemn quacks and imposters generally will apply to the itinerant specialist. The one-idea hobbyist is to be avoided, and, above all, the man who makes a specialty of secret diseases. I do not believe there is an honest, capable physician in America who advertises himself as a specialist of the last-named class. They are all, unquestionably, vile, deliberate imposters. The newspapers and mails flood the country with their vulgar trash. Their liberty is a public curse.

WORTHY MEDICAL PRACTICE.

THE EFFORT TO DO GOOD UNIVERSAL—RESPONSIBILITIES—NOBILITY OF MEDICAL PRACTICE—ATTITUDE OF WRITERS—POPULAR APPRECIATION—ACHIEVEMENTS OF MEDICINE—ITS PROGRESS AND INFLUENCE—DOMINION OVER PAIN—THE PEOPLE'S DUTY—WORTHY DOCTORS—CO-OPERATING WITH PHYSICIANS—POWER OF CONFIDENCE—PROFESSIONAL AMBITION—DOCTORS' BILLS—EXPENSES OF PHYSICIANS—CHEAP FLATTERY—MUTUAL LOYALTY—DISMISSING PHYSICIANS—SHOWING APPRECIATION.

God made man in His own image, and the completed handiwork still continues to be the noblest work of creation. This language applies both to man's wonderful physical structure and to his intellectual and moral endowments. Man has within him an appreciation and love of truth and goodness, placed there by his Creator; and great and noble efforts and sacrifices to bless and elevate his fellow-men will always receive his approval, admiration, and gratitude.

The various activities of civilized life call for an almost innumerable variety of occupations, some high and some of low degree, but all of them equally honorable if they meet a want in the onward march of progress to man's higher destiny. Therefore every honorable vocation has its duties and responsibilities, and all, worthily followed, mingle together their results for the promotion of human happiness.

The divine arrangement of human activities has, however, crowded into some vocations peculiar duties and kinds of service.

Great responsibilities, with corresponding usefulness, attend upon many positions in life, but none are fraught with greater responsibilities, or are more essential to human happiness, than that of the physician. No conceptions excite greater reverence in the human heart, and no figure of speech more beautifully expresses the impulses of infinite mercy, love, and pity, than reference to the GREAT PHYSICIAN.

The attitude of many writers toward the medical profession has been one of misrepresentation, disrespect, and ridicule, and their influence has often been to bias and prejudice the minds of the people. Many persons are strongly imbued with the idea that physicians, and the medicines they prescribe, are curses, and not blessings, to the community. Although such persons usually employ medical aid when sick, they are so prejudiced against the means employed that they fail to receive from it the benefit that should accrue to them.

Such views, however, will not stand the test of candid investigation. The good influence of medicine upon the welfare and happiness of mankind is as easily demonstrated as that of sunshine or rain upon the verdure of nature. The achievements of medicine have been wonderful in the past, and the present is crowded with hopeful effort. For the past quarter of a century this profession has been making greater advances, by profound study, careful and persistent research, and close observation, than any other calling. Physicians have been sacrificing more of personal comfort, burning more midnight oil, and availing themselves of more advantages from the discoveries and inventions of the age, than all other professions combined.

Medical discoveries have driven some diseases almost out of existence, and they hold many others in close subjection. Small-pox, once a terrible scourge, is now almost unknown; malaria no longer steps with mortal tread, as every physician can readily modify its force.

Dominion over the agony and torture of pain is, perhaps, the most brilliant achievement wrought by man. By the aid of anæsthetics, surgery, dentistry, and mechanical medicine have become almost painless arts, in consequence of which their scope

of usefulness has been greatly increased. By the use of anæsthetics the surgeon's knife has been transformed from an implement of terror into one of mercy. One of the most serious, and what otherwise would have been unbearable, operations the author ever witnessed was shortly followed by a laugh from the patient, which completely convulsed five hundred students, although a few minutes before they had been breathless with intense interest, while the subject was sleeping. Memories of numberless surgical operations, performed during the past twenty-five years, exist in the minds of those subjected to them as vivid and pleasant dreamy recollections.

Recent researches with the microscope have demonstrated beyond a doubt that many diseases owe their origin to the presence of microbes or micro-organisms, and remedies calculated to destroy them are being discovered, and it can reasonably be expected that scientific medicine will soon easily control many diseases which have heretofore been quite incurable. Antiseptics have already rendered surgical operations almost entirely free from many of the serious complications formerly following them.

It may be truthfully said that the people have never appreciated the medical profession to its merited extent. An honest effort has been made in the accompanying chapters of this work to present to our readers some useful and important lessons in regard to the broad domain of medicine, but there are lessons from a somewhat different standpoint, for the people to learn. They are lessons in regard to the people's duty and what they can do to enhance the usefulness of the medical art.

We assume that most of those who read this book have been wise enough, if sickness has entered the home, to choose a family physician, and that he, when called upon, faithfully performs his duties, so that the criticisms we have made are applicable only to a very limited number of isolated cases.

It is gratifying to know that throughout our land, practically within easy reach of all, are physicians of all the reliable medical schools who are eminently qualified to minister to the sick—men with keen intellects and noble ambitions, and who are

thoroughly trained in the high calling to which they have dedicated their lives and energies.

The co-operative relations of doctor and patient are interesting and potent influences for good. The patronage, confidence, and friendly good will of an intelligent family, aside from any pecuniary considerations, are cherished and important factors of a physician's success. On the other hand, when a physician possesses the implicit confidence, abiding faith, and loyal co-operation of a household, these things become powerful agencies in curing the sick. The inspiring power of an absolute confidence will often act like a miracle where unaided medicine will fail without such co-operation. I do not endorse faith as worthy of forming the basis of an isolated doctrine in curing disease; but I do most emphatically press the assertion that faith—implicit faith—in the family physician is a paramount necessity in the treatment of many ailments. Physicians are not machines, and those who look upon them as simply mechanical manipulators deprive themselves of their best influences. The doctor who has not caught the spirit of a more magnetic influence than routine drudgery imparts has erred in selecting his calling. Faith in a physician, in the medicines he prescribes and the suggestions he gives, is as essential to his success in curing disease as is love to keep harmonious and sweet the conjugal relations.

Endeavor to touch the pride and professional ambition of the doctor. It is well to remember that every physician aims at an honorable goal, and that those people who appreciate his success and are always glad to see him rise in his professional career will be sure to receive the full benefit of his most thoughtful attention. Let your attitude toward him be such that he will throw his life, heart, and soul into his work. The difference between a careless, unlucky physician, and one who is zealous and successful, is often the difference of the relations only between doctor and patients. If the American people would, when sick, throw aside all prejudices and bad faith, discard all nostrums and quackery, and place themselves unreservedly in the hands of the medical profession, they would at once, more than ever before, begin to improve in health; and if they should continue

a faithful co-operation, many minor ailments which now torment both body and mind would almost entirely disappear, much sickness would be prevented, and the suffering attending unavoidable diseases would be reduced to a minimum.

The people should pay their doctors' bills promptly. Doctors do better work for less money, and more work for no money at all, than any other class of men. "Terms Cash" and "C. O. D." have found their way into all lines of trade, and an adherence to these business principles has been the inspiring influence behind most of the successes in life. But that calling, the most worthy and self-sacrificing of all, can resort to no such regulations, but must depend upon the honesty and appreciation of the people. There are millions of dollars due the physicians of this country to-day, for valuable services, and most of them need their money. The fact that much of it will never be paid is a sad reflection upon the honor and gratitude of the people.

The necessary expenses of a physician are far beyond that which most people imagine. In no profession are "running expenses" so great. Medical books are high-priced, new ones are constantly being printed, and every progressive physician should procure most of those pertaining to his profession. Surgical instruments, and other necessary medical appliances, are very costly. It is nothing unusual for the value of a physician's outfit to amount to thousands of dollars. The expenses connected with horses and carriages are considerable; and "appearances" essential to popular favor augment the cost of living beyond that of most vocations. The cost of medicines is many times greater than people think. The skill and labor bestowed upon the elegant preparations used in modern pharmacy give to medicines a money value far in excess of the crude decoctions in vogue years ago. Prompt payment of their bills gives physicians an opportunity to better equip themselves for efficient service, and a wholesome remuneration always adds relish to the requirements of labor. Don't be on the secondary list of a physician, but strive to rank as one of his best and most prized patrons.

People should be careful regarding the honor and standing of their medical advisers. A doctor may be a moral paragon, yet

his name may be damaged by idle gossip. The people to whom a physician ministers are living advertisements, not only of his professional skill, but largely of his character and standing. As his patients and friends make known their estimate, so will the public measure his attainments. The public expect in a physician the embodiment of refined intelligence and exemplary citizenship, and those who employ him should carefully guard against a cheap estimate of his usefulness. Those who are a doctor's most enthusiastic admirers often have a very unfortunate way of expressing their esteem. Religiously avoid being considered a public enthusiast of some doctor's skill. If a lady thinks her medical adviser is the "nicest doctor in town" and that he is "just elegant," she should carefully guard against expressing it. If he is a manly, intelligent, and skillful physician we should, by all means, be ready to say so, but we should not endanger his good reputation by sentimental and silly compliments. Many physicians have had their reputation marred, their success endangered, and their moral standing impaired by unguarded remarks from thoughtless, admiring women. Some time ago the writer, while strolling through a cemetery with a company, stopped in front of a monument that marked the resting-place of a noble and useful physician. While reading the inscription to the departed dead, one of the company, with thoughtless and heartless indifference, uttered a slander upon his memory. And this was done notwithstanding the fact that the one who made the remarks had reasons to regard with grateful memory the dust that slept beneath.

Be loyal to the family physician, and never dismiss him for another without exceptionally good reasons. There is nothing that so depreciates the claims of a family to attentive service as the habit of calling in first one physician and then another. It is to be remembered that fraternal relations and mutual interests encourage the most potent influences, and that these and other contributing forces of success in medical practice seldom linger when the ties between doctor and patient are loosely held.

People should show their appreciation of their family physician more than they do. His pride should be kept alive, his ambition

encouraged, and his life made joyous by visible tokens of esteem. It is too often the case that a doctor, after spending sleepless nights and anxious days in helping some stricken patient over a low ebb of life, when recovery takes place is allowed to sit down and reflect over one solitary ray of satisfaction, and that not coming from those benefited by his efforts, but from heaven—the satisfaction of having done his duty. To simply pay a physician what he charges is not enough; the higher qualities of his nature demand recognition. His vocation is one demanding the keen, bright faculties of a healthy, courageous mind, and the more the people recognize and cultivate these qualities, the better service will he render.

The poor are often among the most cherished patrons of a physician's practice. Those who have but little or no money often, by expressions of genuine gratitude, make glad a doctor's heart. The author can vividly recall to mind one hot summer afternoon, some years ago, when, with two other physicians, he stood by the bedside of a poor woman who had an accidental affliction which, unless speedily relieved, would end her life. For two long hours we anxiously strove to relieve her condition. The heat was intense, and it was part of my duty to wipe the sweat from the chief operator's face, as great drops would chase each other down his brow and cloud his vision as he was trying to tie an artery here and avoid cutting another there. When the work was done there was a conscious satisfaction that a life had been saved, and that a wife and mother would be spared to those she loved and for whom she had lived. There was never anything of dollars and cents in the circumstance to consider, but when recovery was complete, and the husband, on Saturday evenings, would come up the street with a bouquet of flowers in each hand that had been plucked and arranged by a grateful woman, and would leave one with my family and pass on up the street to the other physician's residence with the other, I felt fully paid for the services I had rendered. The little tribute of thankful regard showed a worthy principle in the heart of the sender, and the token laid on my table was to me more delicious than the choicest flower that ever smiled in the sunshine or kissed the zephyrs with its fragrance.

UNWORTHY MEDICAL PRACTICE.

RAPID INCREASE OF DOCTORS—GOOD AND BAD—UNWORTHY AIMS—A NOBLE CALLING—INTEMPERANCE—ATTENTION TO THE PROFESSION—KNOWLEDGE AND INTELLIGENCE—ARTIFICIAL WISDOM—IMMORALITY—ALL KINDS OF DOCTORS—MENTAL LAZINESS—DISBELIEVERS—TATTLEERS—NARROW-MINDEDNESS AND BIGOTRY.

The various medical colleges of our country are sending forth from two to four thousand graduates annually, each one bearing a diploma legally qualifying the holder to practice the arts of medicine and surgery. Already there is one physician to every six hundred inhabitants, and the proportion seems to be constantly on the increase. So plentiful have physicians become that they cannot all hope to be successful in the calling of their choice.

Among this vast army of workers are all classes of men. Noble men, and women, too, whose motives are high and worthy, work side by side with those whose motives are unworthy. The sheep and the goats are held together by ethical ties; born of fraternal relations, they both find their way into the broad, liberal domain of medical practice, the one seeking a field of labor and usefulness, with high aims and noble ambitions, the other seeking a place of refuge where a professional cloak will cover moral nakedness, and an honorable title bring with it respectability and social standing.

The man who enters upon the study and practice of medicine with no higher ambition than merely to gain a livelihood, is just as unworthy as he who enters the ranks of the ministry without the proper qualifications. To be a successful physician, in its highest and best sense, requires qualities of manner and intellect not attainable by every one. No other calling requires such devotion, study, skill, and sacrifice of personal comfort. The demands of no other profession are so exacting as those which environ the physician; and when he lacks the essential elements of his calling no one can measure the suffering involved. In the presence of the unworthy and unskilled physician sickness still

maintains the mastery, suffering continues unchecked, and death ensues where it might otherwise be averted.

Every physician should be a moral man. The sacred relations which exist between him and those to whom he ministers call loudly against the rowdy, the intemperate, or licentious adviser.

It is a matter of common observation that a great many people do not consider intemperance any barrier to the highest attainments of skill in medicine

A few days after the writer graduated in medicine, a gentleman who had amassed a fortune by a careful, shrewd business life, said to me: "Go home and take to hard drink for six months or a year, and then reform, and the people will look upon you as a medical oracle, and you will soon climb to the top of the ladder in your profession." He complimented me as possessing everything necessary to success except a reputation, and a course of intemperance was the shortest route he knew of to gain that. Nearly a century ago Dr. Benjamin Rush was called to see a gentleman whose regular physician, an habitual drunkard, had just died. Dr. Rush's prescription was reluctantly accepted. The patient, referring to his former medical adviser, declared that he "would rather be prescribed for by him when drunk than by any other physician in the city when sober." Some years ago the writer knew an intelligent farmer to remain in a certain town nearly an entire day, waiting for a physician to sober up, as, to use his own words, "he was smarter than lightning when sober;" yet this very physician was one of the most ignorant of practitioners. There always has been, and is now, a widespread impression that a doctor who gets drunk is extra skillful if you can only "catch him sober." His intemperance seems to serve as a sombre background, making his skill appear more prominent by contrast. Nothing could be further from the truth, and it is a mark of increasing public discrimination that those to whom the above language refers are constantly growing less. It matters not who he is, what his advantages, intellectual capacity, or acquirements may be, the man who uses alcoholic liquors to excess is unfit to practice medicine; he is unworthy of confidence,

and it approaches criminal negligence to employ a doctor so addicted. Drunkenness is in no sense compatible with the practice of medicine, and the sooner everybody is aware of it the better it will be for the sick. A physician is disqualified to enter the sick-room in exact proportion to the amount of liquor he swallows, and the indulgence does not reach far before his usefulness is utterly destroyed. A physician who drinks is more apt to yield to his weakness when his services are most needed, than at any other time. The pressure of responsibility and the discomfort arising from critical conditions of his patients, are inducements to drink which the intemperate physician can seldom withstand.

A physician should devote his entire energies to his profession. A lawyer may go into politics or other occupations and remain a good attorney; a clergyman may become interested in matters foreign to his church and continue an acceptable preacher; but the physician who becomes engrossed in issues foreign to his business which absorb his time and energy, does so at a sacrifice of his professional usefulness.

A physician should be an intelligent and educated man. Because a doctor can hang up in his office a diploma from a medical college, it is not conclusive proof that he is competent to diagnose disease and prescribe for its relief. A young man may get through college and yet be ignorant—awfully ignorant—of the very rudiments of the science and art of medicine. He may attend the required number of years, pay his tuition, and all the time depend more upon acting wisely and looking wise than in being so. The author recalls the case of one young man who acknowledged at the time that he scarcely answered a question during his examination at college, yet by looking wise and “playing the fright” he secured the favorable vote of the faculty. At the time he was asked by a fellow-student to give the common name for sulphate of magnesia, and he could not do it. After being told that it was Epsom salts, he could not tell the dose. This young man was an exceptional case, and the examinations are more strict now than formerly; but too many men are sent forth with only a primary knowledge of medicine, privileged by

their diploma to deal with all the complexities of disease, and dose with opium, morphia, strychnine, and arsenic.

Some years ago the author took a prominent temperance lecturer to task for belittling the medical profession from the public platform. He informed me in return that his remarks might not apply to my own town, yet he desired to remind me of the fact that while the profession of medicine is an exalted and important one, and its successful following demands the very highest type of devoted manhood, yet a sojourn at any medical college, and mingling with its students, would conclusively prove that immorality, vulgarity, licentiousness, and even debauchery, are not positive impediments to obtaining a medical diploma. There may be few to whom this language justly applies, but the truth is that the medical profession is open to all, and all classes may avail themselves of its privileges. Medical colleges turn out, all in a bunch, Dr. Excellent, Dr. Good, Dr. Worth, Dr. Fair, Dr. Medium, Dr. Commonplace, Dr. Lazy, Dr. Dumb, Dr. Insipid, Dr. Ignorance, Dr. Dissipation, and Dr. Don't Care. They all rent offices, put up gold-lettered signs with M. D. after their names, and expect the people to "pay them for what they know." The welfare of the people and justice to the worthy portion of the profession demand that the thresholds of our medical institutions be so barricaded with moral, intellectual, and other essential restrictions, that none but worthy, aspiring applicants can ever cross them; and that the curriculum of study be so comprehensive, and the final test so rigid, that none but capable, honorable masters of the profession can ever come forth with a medical diploma. There is need of a reform—a revolution—in the *personnel* of the medical profession. The people would need to take less medicine if they could always have judicious medical advice. Quite one-half of the cases for which physicians are consulted really need no medicine at all, and seven cases out of ten, with proper hygienic attention, would recover without any medical interference whatever. The remaining three cases, however, need professional attention, and the very best skill within reach of human effort should be available.

Mental laziness and the fixed habits of old fogysm soon render a physician unworthy of patronage. When he ceases to read,

study, and keep up with the times his usefulness begins to wane. The progress of medicine is so rapid that the stationary mind soon gets deplorably behind the age. Some time ago I was in the office of an aged physician, whose entire medical library, with the exception of one book, was over forty years old. Such men fail, in every respect, to represent scientific and progressive medicine. The physician who will not keep abreast of the times has outlived his usefulness.

Above all things, avoid the doctor who has lost faith in medicine. Disbelievers are intolerable anywhere. When a preacher announces from the pulpit that he has lost faith, he is expected to step down and out, and it is just as important for a doctor to do the same. When a physician has conducted his practice so carelessly, or has been so unsuccessful in his professional career, as to conclude that the art of medicine is a failure, he is in no condition of mind or heart to render efficient service. The inspiring incentives of hope and confidence have bridged numberless critical chasms, and he who lacks the magnetic power which faith begets stands half-handed in the presence of disease.

The tattling and gossiping doctor should be avoided. Nobody wants his ailments and physical peculiarities peddled in drug stores, barber shops, and on the streets. The physician who so forgets himself as to whisper from house to house and among his associates what is sacredly private, and allows himself to be interviewed by inquisitive, prying people concerning his patients, has forsaken the sacred principles of his calling and degenerated to a very low plane of usefulness. As Moses took off his shoes when he approached the burning bush that enveloped an angel, because he was on holy ground, so should the physician, when he enters the sacred apartments of a home, leave at the threshold all except his professional skill and personal honor. This point should be so strictly adhered to, that should differences at any time arise between doctor and patient, and ill feeling and even hatred ensue, through it all manly principle should seal the lips.

Beware of the narrow-minded physician. Narrowness, bigotry, or stupidity in medicine is a crime. He who fastens his faith to a single idea and discards all else is a bigot. He who allows his

mind to run in narrow ruts, and whose ambition is satisfied to plod in traditional grooves, is an enemy to the sick. He whose convictions become subordinate to the drift of popular whims, and who sacrifices his better judgment for the sake of cheap favor, ceases to be a physician at all.

PATENT AND SECRET MEDICINES.

MAGNITUDE OF THE BUSINESS—MAMMOTH CONCERNS—ENERGY AND PUSH DISPLAYED—COMPOSITION OF NOSTRUMS—FOLLOWING THE FASHION—RISE AND FALL OF REMEDIES—UNSCIENTIFIC DECOCTIONS—RECOMMENDING FOR EVERYTHING—VENDERS DISTRUST EACH OTHER—THEIR USE TO BE DISCOURAGED—FORMING HABITS OF TAKING THEM—DOSING CHILDREN—COST OF THEM—CERTIFICATES OF CLERGYMEN—SCHEMES TO OBTAIN TESTIMONIALS—FATE OF NOSTRUM VENDERS.

A fair estimate of the amount of money expended annually by the American people for patent, secret, or proprietary medicines would probably place the minimum sum at \$75,000,000. Some of the most extensive and elaborate business enterprises in our nation are devoted to the manufacture and sale of secret medicinal compounds. About fifteen thousand different preparations are on the market, and some of them reach an enormous sale.

One manufacturer, with whose business I am somewhat acquainted, during a single year sent goods directly from his manufactory to seventy-five thousand customers, consisting of wholesale and retail druggists and general-store keepers throughout the United States, and his net profits amounted to one and a quarter million of dollars during the same year. I am credibly informed by an employee of another manufacturing concern that their daily output is about fifteen thousand bottles, each of which retails at one dollar, and that the net profits of the firm amount to nearly two millions per annum. One bottle of the above medicine lasts about twenty days, at which rate three hundred thousand people are taking it constantly, and they pay over four million dollars annually for the privilege.

There are a number of equally large concerns and a few even larger; indeed, there is one firm doing more business, perhaps, than both the above establishments combined.

It is a fair estimate that in the United States alone several millions of persons are daily dosing with some secret or patent medicine. The greatest expense connected with the trade is the cost of advertising, which frequently reaches one-half the amount realized; that is, it takes fifty cents' worth of advertising to sell one dollar's worth of goods. As the original cost of the material, bottling, wrapping, boxing, etc., is not more than one-fourth of the wholesale price, there is left a handsome margin of profit to those who succeed in creating an extensive sale for their goods.

Probably there is no subject concerning which the American people have been so persistently informed as that pertaining to the fancied and lauded virtues which the various leading patent medicines are advertised to possess. And yet there is scarcely any other subject of which they are so utterly ignorant as they are in regard to the real, intrinsic worth of these medicines, the nature of their composition, their action, whether for good or evil, upon the human system, or of the various diseases which they are supposed to cure.

There are very few newspapers or periodicals published that do not derive a large share of their revenue from the patent medicine advertisements they contain. There is nothing in the whole domain of business activities that is more successful in arresting the attention of the people than patent medicine interests. Not only are the newspapers and various periodicals paid to praise their virtues, but the public mails carry ingeniously contrived circulars and pamphlets to almost every household. The annual Almanac business is almost monopolized by this traffic. Even the railroads and public highways, fences, barns, house-roofs, and the rocks and mountains are made to proclaim their virtues.

It cannot be denied that many of the patent medicines on the market are composed of ingredients that have long been and still are recognized as standard remedies for the diseases for which they are recommended.

There are some compounds that are well adapted to household use in certain minor and well understood ailments. But why it is necessary that such a compound should be a private formula, which only one man in the United States can mix and supply, would be very difficult to explain.

The question before us is an important one. The use of secret preparations is increasing tremendously. Those engaged in urging their sale exhibit a degree of business sagacity calculated to absorb attention and draw from the people a liberal support. The attitude of the people toward their claims is one of conservative submission. The learned and the ignorant, the rich and the poor, all extend to them their patronage. Almost every home in the Union patronizes, to a greater or less extent, the patent medicine fraternity.

People of all ages, and those afflicted with any disease, can find, in the vocabulary of secret medicines, some one "just suited to their case." To the new-born babe are offered "soothing syrups" and "anodynes," and all along the journey of life it is impossible to suffer a pain or physical infliction without being tempted to test the wonderful virtues of some alluring secret medicine.

But to be practical: Of what are patent medicines composed? Is their influence good or bad? Is there a real need of them? Should the people use them?

No doubt many of them are honestly and scientifically prepared, and in remote districts, where drug stores and physicians are scarce, they may fill a legitimate want. But such districts in these days are few. Physicians are to be found almost everywhere, and the people have access to drug stores in every town or hamlet in the country.

But the patent medicine business no longer depends for support upon existing and actual needs. It makes its claims on those who enjoy all the advantages of trained and scientific medical aid at their very doors. It sets itself up in opposition to, and in successful rivalry with, every advantage which the art of medicine possesses. Much of its advertising is a bold demand for the patronage of those who are receiving professional treatment.

Secret medicines are, as a rule, simply a weak decoction of such drugs as slightly excite or stimulate the various organs or functions of the body. Almost invariably they are advertised as containing some rare drug or drugs, or as being so peculiarly or scientifically prepared as to act in some specific manner upon disease. There is not a single reason for believing a word of such advertising. Most of them, on the contrary, are compounded from the cheapest of materials, mixed with but little knowledge of chemistry, materia medica, or therapeutics, put into a bottle of the cheapest kind, secured by a cork of inferior quality, wrapped in a manner attractive to the eye, and sent forth as a panacea for every disease to which mankind is subject.

An authority on the subject has said that "the American people like to be humbugged," and it is fair to presume that many of those who have ventured into the patent medicine business have done so fully convinced of the truth of that assertion. Those who have honestly entered the field find that success is largely dependent upon deception, distorting the minds of the sick, and resorting to questionable business methods; and that plain, sturdy, straightforward principles fail to attract popular attention. Most of those who go into the business do so to make money—to get rich—and not to benefit mankind. They study human nature rather than disease; they depend for their success upon mental weaknesses, perverted ideas, and ignorance, and not upon the intrinsic value of their medicines.

So long as the people are willing to be defrauded there are those who will be willing to accommodate them—willing to spend sleepless nights in order to devise some plan to enrich their coffers with dollars and cents.

Those who enter the secret medicine business do so with the conviction that success depends upon ingeniously manipulating human nature. They study to please; they go with the tide, wind, sentiment, fashion, or craze.

No matter how difficult it may be to delude and infatuate the people, a brilliant effort is constantly being made by nostrum venders to gain their confidence. A few years ago I received a circular letter from a new firm, announcing that: "Dyspepsia

Remedies' have been laid on the shelf, 'Liver Cures' are no longer in demand, 'Kidney Cures' have become a 'chestnut,' and the next craze is going to be a demand for remedies for the *Nerves*. The people will be easily infatuated with this idea. We are going to flood your section with Nerve Literature, which will create a sudden and liberal demand for 'Dr. ———'s Great Nerve Restorer,' and you had better lay in a supply to meet the demand."

Patent medicine manufacturers do not, as a rule, make a study of medicine or disease, they know little or nothing of chemistry, and only a very few of them are graduates in medicine.

A number of years ago I was consulted by the proprietor of a certain "tonic," which had met with considerable sale over a large territory. He desired to know why his medicine turned dark, and what he could do to prevent it. He told me that it contained a little each of two well-known medicines. I told him that the tannin in the one united with the iron in the other and formed tannate of iron, and that he was compounding and selling *diluted writing ink!*

Millions of dollars have been paid by the people of this country for a certain secret remedy, the original formula of which, it is said, was purchased from an old negro for a few dollars; it being a nauseating, bitter decoction, which the people could not have been hired to swallow had they known what it was. An analysis of one of the leading popular patent medicines, made some time since, showed one of the most conspicuous ingredients to be impurities from the water used in its manufacture. Medicines intended for popular sale must necessarily be made to suit all classes, ages, and temperaments, and they must be so compounded as to meet a very broad range of application.

When a street "doctor" gets up and expatiates upon the virtues of his "balsam," "panacea," "elixir of life," "oil," or "stomach pad," he is there to sell his goods. He is prepared to recommend his medicine for any ailment under the sun, and is willing that it be taken internally or applied externally. The same is true of most proprietary medicines. They are put forth as a complete *materia medica*. A book of over four hundred pages now lies on my desk, intended to advertise a single remedy. One medi-

cine is recommended for the entire vocabulary of diseases. Insanity, mumps, nightmare, rheumatism, and nose-bleed are treated from the same bottle. On the concluding page of the volume the author modestly says: "It is a lamentable yet well-known fact that patients often allow themselves to be led astray by pompous recommendations into using a very worthless or even injurious remedy." This is probably the only truth which the book contains. Four hundred pages of misrepresentation diluted with only one sentence of truth!

In no other fraternity have brother-members been so prone to raise the cry of "fraud" against each other. "Beware of frauds," "Beware of imitations," "Look out for impostors," are standing cautions in secret-medicine literature, and in no other business does suspicion grow so rank. Are those who are so denunciatory of their own brotherhood to be trusted? Let us heed their cautions and beware of all of them.

Is it not time for the people to halt and seriously meditate upon this question? It is safe to predict that so long as there is a demand for secret medicines they will be sent forth on sale. There are many reasons why the sick should not resort to this kind of treatment. The very fact that the ingredients of a mixture are unknown is a strong point against its use. When a physician is called to see a patient who has been dosed with some secret compound, he has no knowledge of what has been tried, and often, in consequence, much valuable time is lost. On the other hand, if some well-known pharmaceutical preparation had been used, the physician would know at once what had been taken, and such knowledge can generally be turned to practical account.

The use of patent medicines tends to create a habit of medicine-taking. There are thousands of habitual patent medicine takers—slaves to patent purgative pills, liver regulators, headache cures, bitters, anodynes, and soothing syrups. Year in and year out these habitués continue to purchase, swallow, and praise the cruel mixtures that hold them in bondage.

Alcohol, opium, the bromides, and other "drugs that enslave" are freely used in secret preparations. Anodynes, hypnotics, nar-

cotics, sedatives, and nervines all rapidly create a habit requiring their continued use. Medicines taken habitually to produce sleep will induce wakefulness when withdrawn. When cathartics are taken continuously for a season they create a strong tendency to constipation. Alcohol, taken in the form of an elixir with iron, or beef, or bitters, remains alcohol, and is just as damaging to the system as whiskey or beer. The stimulating "bitters" on the market are, most of them, cheap whiskey, doctored with drugs to prevent dosing to the point of intoxication. They are the origin of much drunkenness. Most of the "malt whiskies" on the market are a disgrace to the name of medicine. Soothing syrups, so largely given to babies and young children, should be prohibited by law. Most of them contain opium or morphine, and they dwarf both mind and body and create an appetite which will strongly tempt to the use of tobacco, alcohol, opium, or the practice of some polluting vice in later years. Many children, no doubt, die as the result of using soothing syrups. A prominent medical journal has estimated the number of deaths from this cause at several thousand annually—terrible if true. The mere fact that "children cry for ——" is not conclusive evidence that it is good for them.

Treating disease by taking secret remedies is a costly practice. Many people think it is economical, as there are no doctors' bills to pay; but just the opposite is the case. The American people spend as much money for secret medicines as they do for professional treatment, but the real benefit received from each bears no comparison.

The use of patent medicines favors the omission of other curative measures. He who resorts to a secret remedy foregoes his own ideas of what ought to be done and intrusts his case, practically, into the hands of some one whom he never saw and who never saw him. If he happens to "hit it right" he may be benefited; if not, his money is gone and valuable time is lost. During the use of these preparations persons are very apt to neglect other important means of relief, such as attention to diet, rest, sleep, good habits, hygiene, etc., it being a frequently advertised claim that no particular regimen is necessary in connection with their

use. The extent to which proprietary medicines are advertised is simply enormous, and the friendly and confiding attitude of the people toward this great mass of hyperbolic literature is a sorry comment upon popular judgment. The fact that these advertisements are ridiculously pompous, and palpably false and vulgar, does not seem to injure the sale of the medicine, even with refined and sensible people. One of the worst features of the business is the endless parade of certificates from clergymen and other well-known persons, recommending all kinds of nostrums. It is a common occurrence to see the country flooded with advertisements containing the testimonials, and often the pictures, of "prominent divines," said endorsements costing the manufacturer only a package of his medicine to the family of each clergyman.

Most of the testimonials to patent medicines are, however, either bogus or fraudulently obtained. Manufacturers make overtures to druggists and local agents to procure them. For many years the writer has closely watched the subject and industriously sought to find one genuine, voluntary, deserving testimonial, but so far his efforts have been in vain. Some years ago a manufacturing firm promised a druggist of my acquaintance a handsome glass sign if he would procure two *bona fide* testimonials for a certain "tonic bitters." To secure the offer he presented a bottle of the "bitters" to each of two ladies, with the understanding that they were to sign a letter of recommendation. They did so, and to their regret and chagrin both letters soon appeared in the newspapers, and although they (through the druggist) protested against such publicity, their testimonials were standing advertisements in hundreds of newspapers for several months, including some of our largest city dailies; and the worst feature connected with it was that the medicine was a miserable alcoholic decoction, unfit to enter a decent household.

It is worthy of note that many of the nostrum venders have fallen victims of the diseases they so loudly claimed to cure. It is stated that no less than four of the leading American inventors of "hair restorers" died bald-headed. A man who has made an immense fortune selling a "consumption cure," some years ago

gave his own son as a victim to that dread disease. The inventor and champion of a "Nature's Wonderful Restorative," some years ago, loudly boasted throughout the land that he expected to live to see his hundredth year; yet in a short time disease in a most cruel form dissipated his hopes. And thus, down through the records of the past, we might trace a suggestive history, until we reached the originator of secret medicine, Paracelsus, the medical lion of his age, who declared to a captivated world: "I am your king; the monarchy of physic is mine." Infatuated with a wild delusion, he invented his "Panacea," and eloquently proclaimed to an infatuated world that it would "heal all diseases at once." Although like a brilliant meteor he swept across the medical sky, admired and idolized by all, he soon became a disappointed and neglected wreck, and, at the early age of forty-eight, died an out-cast, with a bottle of his "Panacea" in his pocket.

MEDICAL FRAUDS.

"DOCTOR" BUCHANAN—BOGUS DIPLOMAS—STRATAGEMS OF CHARLATANS—THE LEARNED EASILY DUPED—FAITH OF PREACHERS—"COMPOUND OXYGEN"—FRAUDULENT SCHEMES WELL MANAGED—DECEPTION EASY—PRINCE OF ORANGE—EYE-WATER FROM RIVER SEINE—FAITH CURE—CROMWELL—FAITH AND DECEPTION—THE WHIP OF REMORSE—PUBLIC MAILS—REMEDIES AGAINST FRAUDS—PHYSICIANS HELPLESS—THE PEOPLE MUST SUPPRESS THEM.

When a boy I lived near, and was intimately acquainted with, "Doctor" John Buchanan, of "bogus diploma" fame, then in the zenith of his remarkable career.

His "Eclectic Medical College," "University of Philadelphia," etc., was located on Pine Street, Philadelphia, where he and his colleagues treated diseases, delivered lectures, published and sold medical books, and issued "diplomas" to anybody and everybody who would pay for them.

To all appearances "Doctor" Buchanan was a gentleman; bland, affable, and courteous in his bearing, and he impressed

one as being a man of superior attainments. His language and manners were peculiarly captivating. Judging from his general deportment and modestly expressed claims, I was strongly impressed with the belief that he was both great and good, that his theories in regard to medicine were correct, and that he was fully competent to defend the system which he advocated. I believed the persecution he occasionally received at the time to be the result of jealousy and malice, and that the adverse criticisms thrust upon him were aimed at a much-abused and unfairly-treated man. My young imagination, at that time, admitted all his claims, and in my eyes he was nothing less than a martyr to honest convictions. Like most people, my sympathies naturally sided with the "under dog." I watched the subsequent career of this remarkable man with intense interest, and can now see wherein I was mistaken. He proved to be one of the most dishonest and vilest of men, opposed to all that is pure, noble, and good in manhood, ever ready to taint or disgrace an honorable profession, and, like a heartless knave, he was willing, for the sake of money and to gratify an ignoble ambition, to bring reproach upon the history of American medicine. He was a moral leper, a professional pirate, and a public curse. I hope he has repented.

For many years I have watched with absorbing interest the stratagems of medical empirics.

That "nothing resembles a perfect angel so much as a perfect devil" applies with peculiar appropriateness to him who practices deception under the protecting cloak of a noble profession. Refined manners, costly advertising, and attractive embellishments, and snares of every kind, are the allurements which charlatans employ to attract the unwary. Outwardly, most of them are cultured, educated, polite, affable, agreeable, modest, well dressed, dignified, apparently kind-hearted, social, public spirited, philanthropic, and personally magnetic gentlemen. On this kind of credit they do a big business. Many of them claim to be returned missionaries. Sometimes they modestly place "Rev." before their names. The public mails teem with their circulars, and unknown and previously unheard-of newspapers

are credited with their laudations. Their offices are among the finest, their business methods are often admirable, and their apparent standing as citizens, or even as Christians, is often above reproach. Professional writers are hired to write taking advertisements for the papers, and these ingeniously worded but fictitious recommendations are quoted as editorials of special significance. This kind of trickery is extensively carried on; indeed, to attract popular attention has become an art. In these various ways medical frauds succeed in deceiving the most intellectual and cultured. Among their patrons are those whose intelligence, observation, and good sense should defend them against palpable frauds, but they do not. The educated are as easily deceived as the ignorant—perhaps more easily. The best trained reasoners in ordinary affairs are, as a rule, entirely void of discriminating judgment in medical matters. Ministers of the Gospel are perhaps the most ready victims of artful pretenders. Their trusting faith, so essential to the power of religion, becomes a weakness in the presence of charlatanism.

The testimonials of nearly every medical pretender, no matter how great a fraud he may be, are liberally strengthened by ministerial endorsements. These are often solicited, but in such a modest and flattering way that the confiding preacher loses sight of the responsibility which he takes upon himself and the evil that he may be doing. The testimonials of clergymen add surprisingly to the influence of quackery. Says a recent writer: "One of the worst inflictions we endure to-day is the endless parade of certificates from clergymen, politicians, merchants, lawyers, and other well-known persons recommending all kinds of medical nostrums. Every wise man knows that such certificates are not worthy of credence, and that the preacher of gospel truth who, with absurd solemnity, lends his name and the cloak of religion to assist wily charlatans and commercial sharpers to prey on the afflicted, must be either a silly dupe or a cruel knave."

And again: "Every quack knows the influence upon common people of a clergyman's endorsement, and hence he makes special and too often successful efforts to obtain it, feeling certain that he can easily entrap the individuals of the flock after the leader is

secured. And it is a singular fact, that though few men get more gratuitous service out of physicians than ministers of the gospel, yet no people do more than they to injure the profession, by the countenance they give to various kinds of quackery, pathies, and isms."

Medical pretenders strive to elevate their names or their hobbies by launching them out upon the waves of popular favor, or by securing, for a season at least, the sentiment of fashion.

Many worthless remedies and ridiculous theories have become extremely popular through the employment of attractive advertisements. "Baunscheidtism," "Compound Oxygen Treatment," "Liver and Kidney Pads," "Electric Belts," "Electricity," and various other forms of treatment have enjoyed popular favor because great skill and energy have been employed in placing them before the public. All of them may possess some virtue, and within proper limits might prove a blessing, but the unprincipled manner in which they have been advertised has rendered them worse than useless. All of them may be good in certain cases, but none of them are good for every complaint.

Some years ago I received an order for a bottle of "Compound Oxygen," and applied personally at the laboratory of one of the leading manufacturers of this much-advertised article and paid thirteen dollars in cash for a bottle of the mysterious mixture. I delivered it to my customer as carefully as though it had been a solution of gold, and charged him one dollar as my share of the profits. I have long since learned that the "compound" was practically nothing but water, which was the only time in my experience in which I cleared one dollar on a single pint of this abundant liquid. It would not be true, however, to say that this article does no good. A prominent chemist analyzed several specimens of it, from various manufacturers, some years ago, and the following is a portion of his report:—

"It should be remembered that this solution is to be used by inhalation, a teaspoonful being added to a small quantity of warm water, through which air is drawn by means of a glass tube. Neither of the substances contained in the solution is volatile at the temperature at which the solution is used, so that it is impos-

sible for any medicinal property whatever to be imparted by this boasted remedy, except what comes from the warm water, which is itself very healing when used in this way, as we have demonstrated in hundreds of cases." Oxygen is the chief element of both water and air, and its presence in either is essential to life, and the proportions and chemical combination are, no doubt, in accord with the exact needs of mankind. There may be conditions, however, where its greater diffusibility is advantageous, but why water and air should freely come to us in such abundance, and the modified or improved combinations cost from eight to thirteen dollars per pint, is calculated to evoke criticism at least.

Contrary to what might be supposed, a high-priced medical fraud is more apt than any other to impart a benefit. When an enormous price is paid for a treatment we are apt to carefully co-operate with it and rigidly follow the directions, and as these high-priced articles are usually accompanied by exceedingly important and commendable directions in regard to diet, hygiene, and personal habits, the cost of the treatment magnifies the necessity of following instructions. If the treatment continues for several weeks the discipline of habits often has a most salutary effect. Perhaps this, after all, is the aim of some of those who advertise strange kinds of treatment. The money consideration not only enriches the manufacturer, but arouses the helpful sympathies of the patient.

The craft of medical fraud is exceptionally well manned. Those who have chosen it as a field of activity are men capable of making a brilliant effort to attain success. It is a fact worthy of note that medical charlatans avoid such diseases as are likely to be quickly recovered from or prove fatal in a short space of time. They aim to reach those whose diseases are of a chronic, constitutional, or permanently fixed condition. As chronic constitutional maladies are greatly influenced by the mind, it is very easy for medical vampires, when they once secure the confidence of a victim, to make him feel apprehensive and anxious before beginning their treatment, and to look with hopeful expectancy for relief during its use.

It is safe to assume that, taking the victims of chronic diseases

as they run, nine out of ten would, for a short season, apparently improve by taking ten drops of colored water twenty minutes after each meal and ten minutes before going to bed, provided the water cost them three dollars per ounce and they were ignorant of what it was. The world has furnished examples without number to prove the truth of the above assertion.

When the scurvy broke out among the soldiers at the siege of Breda, in 1625, and became a dreadful scourge, so that the dead and dying invited despair and the great numbers sick made surrender imminent, the Prince of Orange, with remarkable tact, claimed to have in his possession a priceless medicine that would speedily cure the disease which was then raging amidst his army. He offered to furnish it free, and sent his physicians with the precious balsam. Four drops were sufficient to medicate a gallon of water, and the soldiers eagerly seized the offered boon and were speedily cured. "Those who declared that all previous remedies made them worse recovered perfectly in a few days, and the disease soon disappeared. *The vials contained nothing but water.*"

Many years ago, in the city of Paris, a man who had gained much celebrity and a handsome income by treating sore eyes, suddenly died. His widow, being anxious that the revenue should continue, claimed to know the secret of her husband's remedy, and placed on the market what was supposed to be the same article, in the form of an eye water. It enjoyed a large sale and gave universal satisfaction for the purpose intended. On her death-bed, however, the conscience-stricken woman confessed that the "eye water" she had been selling was nothing more nor less than water she had taken from the river Seine.

Every physician knows by experience what it is to get praise when least deserved. Scores of people are "cheated into a feeling of health by globules or teaspoonful doses of flavored water, or licorice powder, or some other simple and harmless nostrum. Some who seem to be magically benefited by a teaspoonful of—nothing—will actually thank the doctor for saving their lives. What a sad commentary on the discerning public of the nineteenth century! What a sad fact for legitimate medicine! What a gold mine for humbugs!"

But cases quite similar to the foregoing in their results, but not in their motives, are not always frauds, and this brings us to consider the medical aspects of *Faith Cure* and other imponderable forces.

In many disorders, especially those of a dyspeptic, hypochondriac, or nervous character, *faith* is a remedy of a most powerful kind, if it be connected with adherence to strict hygienic rules. It is a wonderful tonic; so powerful, indeed, that it can "remove mountains," metaphorically; but it must not be persisted in in opposition to all those sanitary conditions as to pure air, proper exercise, and suitable clothing and diet, which should be observed by all. Cromwell's soldiers, relying upon the justice of their cause, were accustomed to talk much of "Trusting in Providence." "That is right," said Cromwell; "trust in Providence—but keep your powder dry." The old Puritan well knew that blind faith in worldly matters is but a mockery of Divine law, and he fully realized how important it is not to forego any of those natural and human agencies which Providence has made essential to success.

We believe in *faith* and *faith cures*, that is, in mental stimulus of various kinds, as in many cases a most excellent medical remedy, and the skillful physician will know when and how to use it. But at the same time he will enforce upon his patients the necessity of correct living to accompany this faith. He will adopt the spirit of Cromwell's maxim: "Trust in *faith*, but—act in accordance with the requirements of health."

Sir Humphrey Davy once sent a medical student to examine a man who had called on him for treatment of a long-standing chronic complaint. The student, in order to ascertain the man's temperature, applied the bulb of a thermometer beneath his tongue. The man, thinking it was part of the treatment, and believing that the charm was working, soon declared that he felt much better. The student, taking the hint, told his patient that he would continue the treatment the next day. He repeated the treatment for a few days, and the man's faith and confidence in his physician soon restored him to perfect health.

The stimulus of mental excitement, or mental occupations,

pleasant news, the calling to mind of pleasant scenes, and sometimes even anger, will not infrequently produce in a patient changes that prepare the way for recovery. Despondency in sickness is always an evil omen, and skillful is the doctor who can transform the despairing mind into one of hopeful expectancy. Every one has experienced how excitement will banish pain, and there is no more magical remedy for the toothache than to seriously start in the direction of a dentist's office.

There are many diseases which owe their origin to mental causes, and they are often cured by mental remedies. Whether this is on the homeopathic principle of *Similia similibus curantur* we will not say, but wherever facts lead, the true physician will not hesitate to follow. It is well known that nervous diseases disappear during periods of public alarm and political convulsion. The French Revolution abounded in examples of this character and medical records are full of them. Dr. Gregory relates the case of a naval officer who had long been laid up in his cabin and entirely unable to move, from a violent attack of gout, when word was brought to him that his vessel was on fire. In a few moments he was on deck and the most active man in the ship. A woman who had been many years paralytic recovered the use of her limbs when she was much terrified during a thunder-storm. A man affected in the same manner recovered very suddenly when his house was on fire; and another, who had been sick for six years, was restored to the use of his paralytic limbs during a violent paroxysm of anger. A London physician, who had exhausted his skill in treating a dyspeptic patient, advised him to go to a certain town in Scotland and consult there a celebrated physician, whose name he gave him. On arriving there the patient learned that there was no such person to be found. Chagrined and angry, he returned to London, but he was obliged to confess that he was cured of his disorder.

With such facts before us and similar occurrences constantly taking place, is it wonderful that empirics and charlatans, shrewd in judging of character and artful in duping the credulous and ignorant, should sometimes acquire a great reputation for the cure of nervous disorders by magic formulas and worthless nostrums?

Some time ago the writer undertook to dissuade a bright, intelligent young man from entering a proposed field of medical humbuggery. He replied, with a triumphant countenance: "It is fashionable, and a man, if he expects to be successful, must follow the fashion, even in medicine." As a picture looks better on a dark background, so with medical frauds. The more ignorant and superstitious the people are, and the more prejudiced they are against real truth, the better will deception flourish.

Men who have exposed themselves to those diseases which come down to them as a penalty upon sin, swarm around arrant frauds like moths about a lighted candle. There is no lash more powerful and slavish than that which remorse and a memory of past sins lays upon those who feel stricken with the penalties of transgression. Let the sting of remorse rest upon a man's conscience, and every little physical ill strikes terror to his soul. No matter how many times he has repented, or how free from taint his system may be, the least impairment of health—pain in the back, sore throat, digestive derangement, or skin affection—disturbs his mind. The vulgar and obscene advertisements to be found in many newspapers and which flood the mails in secret circulars are read with eager solicitude. Such expressions as "manhood lost," "early decay," "imprudence of youth," etc., often inflict upon innocent minds the penalty of self-reproach; and those in whom reflection begets fear will, almost to a man, offer themselves as a sacrifice at the shrine of cruel and heartless villainy. I received per mail this day an elegantly gotten-up sixty-page pamphlet from one of these charlatans. On the front cover is a well-executed monogram, with the following words: "NERVOUS DISEASES—TREATISE." The book, from cover to cover, is made up of quotations from the Bible and Shakespeare, a mixture of sacred things with pretentious learning and vile and silly allusions. "Treatment—one month, \$5.00; three months, \$10.00." The United States Government should render such villainy in the matter of indecent publications impossible. The lottery business in no sense compares with it.

The fact that fraudulent pretenders of almost every conceivable character are found in the realm of medicine is apparent to all.

For a half century they have flourished and multiplied, and their ranks are constantly being enlarged by new recruits. It must be admitted that to one in whose mind the accumulation of wealth is the dominant ambition, the field of fraud and quackery is more inviting than that of legitimate, rational medicine.

The question arises: What are we going to do about it? Who is at fault? Who must decide whether it shall continue or not?

We can never hope to see medical impostors decrease so long as their business is as lucrative as it is now; neither can we expect honorable physicians to enter into open conflict with them. No matter how keenly legitimate and honorable physicians feel the influence of quackery, or how much the system of scientific medicine is disgraced by it, all open opposition to it has so far been used by those against whom it was directed to gain notoriety and popular favor.

In many countries there are strict laws prohibiting medical frauds, and no enactments receive more general sanction and none are fraught with greater public good. America, however, is a free country, and, considering the wealth and influence vested in quackery and the status of legislative enactments, it is likely to remain so, as far as the right to get rich on the credulity of the sick is concerned.

If charlatanism does not admit of correction—and it does not; if professional rivalry cannot overthrow it—and it cannot; if lawmakers will not suppress it—and they will not,—there remains but one remedy, and that must come from the people. Upon the ignorance, lack of discrimination, and gullibility of the people the success of medical frauds depends; while intelligence, good judgment, and a knowledge of their true character only are needed to effect their overthrow. There is a moral side to this question, the import of which is, unfortunately, too often overlooked. No man has a right to intrust his life and health, and the lives and health of those for whom he is responsible, in the hands of any pretender.

Since the days when Paracelsus discovered his wonderful "Panacea" that turned out to be useless, quacks and medical impostors have pretended to be in possession of knowledge which

the rest of the world did not possess, and fortunes have been made by their pretensions. Yet, notwithstanding the fact that new and valuable discoveries have been constantly added to the vocabulary of remedies, scarcely a single one has come to us through the self-lauding representatives of the art.

Sensible and influential members of the community can do much to overthrow quackery if they will give no countenance to the false issues upon which empirics and dishonorable physicians so much depend. While honorable and regularly educated physicians are struggling to elevate the standard of medical education and practice, and to rid this noble profession of the abuses which lower its character and impair its usefulness, they have a right to demand of the community which is to be especially benefited by their efforts a loyal and active support. Whether this aid shall be extended will depend upon the men of influence in other professions and occupations outside of the domain of medicine.

QUACK DOCTORS.

HUMBUGS PARTIAL TO MEDICINE—WHO ARE QUACKS—FALSE PRETENSIONS—
OPIUM AND ALCOHOL CURES—BRAG—MISREPRESENTING THE PHYSICIAN—
SCHEMES TO GET PATRONS—POSING AS EX-PREACHERS—FREE PRESCRIPTIONS—
SPECIALISTS—TRAVELING QUACKS—ONE REMEDY FOR EVERYTHING
—HOBBY-RIDERS—VULGAR LITERATURE.

Throughout our land may be found men who are practicing the profession of medicine, yet who never pursued a regular course of medical study and who hold no diploma from any medical college. There is also a class of regular graduates who, instead of following their chosen calling in a legitimate way and adding to the usefulness and honor of the profession, have become charlatans, who flood the country with deceiving advertisements, and claim for themselves exceptional skill in the art of healing.

Many of those who practice without a diploma are educated, intelligent men, yet this fact is no guarantee that they know

enough about the human system to treat its ailments. The author has come in contact with many men of this kind, and in no instance can he recall a single irregular practitioner or quack doctor in whose knowledge or skill he could for a moment confide. Perhaps it might be said that the most honest persons among this class are those whose ignorance renders them unconscious of the real character and importance of medical practice.

The realm of medicine has always been a favorite resort for fraudulent and wicked men. The sick have willing ears, anxious hearts, and open purses—"Everything a man hath will he give for his life." Perhaps no persons in the world are so easily attracted and duped as those who have cause to be concerned in regard to their health. To feel out of health creates a natural inclination to seek relief through the medium of medicine. The American people are naturally bilious, nervous, dyspeptic, dissatisfied, and anxious, and in no country in the world does quackery flourish to so great an extent as here.

What constitutes a quack doctor? Any person who pretends to excel all others in curing disease, or who claims to possess knowledge in regard to the art of medicine of which the profession in common are ignorant, is a quack. Unprofessional advertisers are quacks, and those who prescribe through the mails, who itinerate from place to place, and those who have not been regularly educated. It is safe to say that no honest physician is in possession of knowledge of which other intelligent and educated members of the profession are ignorant. If Dr. A knows what will cure consumption or any other malady and will not let the world know the remedy, he deserves to be hung up by the big toes, or by the hair of his head, until he makes it public.

We receive circulars through the mails and read in the newspapers of "Doctors" A to Z, who claim, in turn, to know how to cure rheumatism, catarrh, asthma, consumption, epilepsy, cancer, scrofula, Bright's disease, dyspepsia, and every other ill which flesh is heir to. The question arises, Are their statements true or false? False! every one of them.

I have just received a handsome circular from a man who claims to be able to cure the opium habit. His picture adorns the

title-page; he poses as a benefactor. For three dollars he will send enough of the "cure" to last ten days. "Positive cure."

Here is another who can cure drunkenness. "Wonderful discovery!" "Guaranteed to cure." "It can be placed in the coffee or tea of the patient without its being detected." "Never known to fail."

Here is still another. "It will cure both the opium habit and drunkenness." "The greatest discovery of the age." "Endorsed by the medical profession." "Thousands have been cured." What heartless wretches such men are! They are worse than thieves—the whole of them. There is scarcely a paper published without an advertisement of some pretender who claims to be able to cure catarrh or consumption by some very simple process. If he told the truth he need not advertise it; he could make an independent fortune in two years, and not spend a cent in advertising. All he would have to do would be to put it up and sell it. Its fame would spread more rapidly than the "13, 14, 15 Puzzle" or "Pigs in the Clover." Millions of people would be cured in less than one year, and the name of the discoverer would be emblazoned on the pages of history. The same, to a certain extent, might be said of real cures for all diseases. Those afflicted are anxious and eager to find relief, and if cured will industriously circulate the fact.

Quack doctors are generally regarded as a somewhat harmless class of men, but a little reflection will reveal the fact that they are the source of untold misery, suffering, and death.

Quacks, every one of them, magnify every-day ailments into important complaints or serious maladies. A pain in the side is called pleurisy; a common cold becomes bronchitis or "an alarming symptom of pneumonia;" a tired back becomes Bright's disease, and chronic dyspepsia, according to their diagnosis, is ulcer or cancer of the stomach. Unimportant symptoms, such as we all daily experience, are very suggestive to the minds of many, and the quack doctor reaps a harvest by dwelling upon their significance and magnifying their importance. Quacks depend largely upon *brag*. They are always ready with stereotyped language to make known the wonderful success they have enjoyed;

at the same time they are adepts at belittling the efforts of others. They could "back" a boil or carbuncle if called early; they could cure a cancer "if some one else had not tampered with it;" they make a specialty of dyspepsia and catarrh; they "do not debilitate, but build up;" they "have attended thousands of cases of confinement, hundreds of cases of diphtheria, scarlet fever, typhoid fever, whooping cough, and cholera infantum without losing a case." Such statements should never be believed, because they are unqualified misrepresentations.

The quack, the irregular, "half" doctor, and meddler, always have the advantage over the regular physician in presenting their claims to the people for recognition. Their advice is solicited in mild cases only, while all the serious cases are placed in the hands of the educated physician. Cases that would rapidly recover without medical assistance and really need none, such persons will treat and claim to have cured as a mark of their skill. If there are fifty cases of whooping cough in a neighborhood, perhaps four or five will be very severe, and perchance two or three may die. The regular practitioner must attend the severe cases and lose a part of his patients, while some irregular has peddled out his syrup to the remainder and not lost a single case. The quack will be apt to claim that his treatment "nipped the disease in the bud," and that the "old school doctor," with his "calomel and blue mass," made the disease worse, and as likely as not will insinuate that the deaths occurred as a consequence of the treatment adopted.

Quacks who advertise and reach their patients through the mails adopt all sorts of schemes to attract patronage. They will manage to get the names of the consumptives, asthmatics, dyspeptics, or hypochondriac persons in a neighborhood, and will mail to each one a pamphlet or book calculated to arouse all possible suspicion in the minds of the readers that they are seriously ill, and that the only ray of hope must come from the skill of the advertiser. There is a tremendous amount of doctoring done in this way. Perhaps some afflicted one will be offered medicine free if he will secure a certain number of patients, or some igno-

rant one, as is too often the case, will volunteer, as a charitable act, to plan a foothold for such frauds in a community.

A very deceptive plan adopted by many quacks during the past few years consists in offering to send prescriptions through the mails free of charge upon application. Most of these men claim to be returned missionaries or cured invalids, and some of them pose as Reverend Divines. Those who send for a prescription always receive it by return mail. It is written in semi-Latin, and the unskilled layman sees nothing peculiar about it. The accompanying circular letter intimates that any *good druggist* can fill it, but extreme caution is given in regard to one or two ingredients, and the inventor offers to compound it and send it by express in case the local druggist cannot prepare it. This all seems very reasonable, but the trouble is, no druggist can compound these gratuitous, philanthropic prescriptions.

The price of these mixtures at headquarters, and they can be filled nowhere else, is usually \$3.00. Among the fictitious names they have used are "kanke root," "blodgetti," "alantin," "red lava," etc., put there to prevent any druggist from compounding them.

During recent years another form of deception has met with great success. Newspapers have been flooded with advertisements disguised as items of special interest. In each advertisement is adroitly woven a receipt for curing some disease of the lungs, stomach, liver, kidneys or for rheumatism, the complexion or the hair. A fictitious name, resembling some person prominent in literary or social life is often given as the author of the advice. One ingredient named is always a small package of some commonplace stuff put upon the market by the advertiser. The trick is so plausible that if it fits the case of the reader it is cut out and taken to the druggist, who empties the little package into a bottle and adds the other ingredients named; usually whiskey, gin, bay rum or syrup, and perhaps a little real medicine, and hands it to the customer, who has bought a patent nostrum without knowing it. Some of these articles have had an enormous sale, being compounded hundreds of thousands of times. Many of the medical receipts appearing in newspapers are of this kind.

Some years ago a young man came to my store to get one of these philanthropic prescriptions filled, and when I told him that it was a fraud, to my astonishment he produced an advertising pamphlet containing my name printed therein as the local agent. At the time I wrote to other persons whose names were in the pamphlet, and found that their names also had been used without authority.

There is another form of quackery the followers of which style themselves *Specialists*. Medicine offers no wider contrasts than exist between the honest and loyal specialist on the one hand and the dishonest and disloyal on the other. The former renders the greatest possible good to the community; the latter is the most pernicious of all quacks. These ignorant pretenders are found in every large city and they often itinerate the country. They advertise liberally, and they have a special proclivity for female complaints, dyspepsia, catarrh, chronic affections, worms, and nervous diseases. They choose those affections to which any person, and especially those of morbid feelings, can easily imagine themselves victims. Let one hundred persons consult a specialist on catarrh, and one hundred will be told that they are its victims. Let another hundred consult the worm doctor, and he, with scarcely a question, will pronounce the whole category of symptoms due to intestinal parasites. No matter what the symptoms are, or what the original cause may be, the charlatan specialist never fails to diagnose a case so as to bring it within the limits of his own practice.

Another form of quackery, almost or quite as preposterous in its claims as the foregoing, embraces those who, with one remedy, undertake to cure all diseases. They will use the same medicine for every conceivable affection, and as their success depends upon the large number of persons who give their medicine a trial, they boom it and themselves with grandiloquent advertisements, and some large fortunes have been made by this class of practitioners.

Another class of irregulars who advertise and go from place to place practicing the healing art pretend to disbelieve in the virtue of drugs, and forego their use entirely in their efforts to cure the

sick. There are those who claim that mental impressions, influencing of the nerve fluids, and the powers of magnetic force, and not medicines, turn sickness into health. Others assert that the finer forces, such as light, heat, color, or moral impressions, are more potent and rational than drugs.

Numberless theories have their advocates, who not only champion their truthfulness, but ingraft their doctrines into systems of practice. In no branch of knowledge have theorists been so prolific as in the realm of therapeutics—the discovery and application of remedies for diseases. Notwithstanding the abundance of accumulated *débris* in this fertile field—the wrecks of false theories—pretenders, both great and small, plausible and ridiculous, still swarm forth to dupe and defraud the too credulous public. Inspired by the possible bonanza in prospect, many of these adventurers succeed in arresting public attention and a few excite a short-lived craze, only to fade away and give place to some new and equally absurd delusion.

Perhaps the greatest injury which charlatans inflict upon the people results from the filthy and vulgar literature with which they have flooded the country. A great number of quack medicine books, and the public advertisements of a legion of quack nostrum venders, while they contain little or nothing of intrinsic value, are entirely unfit for family use. The moral influence of such literature is extremely bad and disgraceful to the name of medicine.

There are subjects of special pathology that are appropriate to the medical lecture-room and strictly professional books, and which it is sufficient that the physician alone should understand. They are not subjects upon a familiarity with which depend the health and happiness of intelligent and decent people, and they should find no place in books for the family or for general reading.

TAKING TOO MUCH MEDICINE.

INCREASE OF USE OF DRUGS—HABIT—FALSE IDEAS OF MEDICINES—DELETERIOUS EFFECTS OF DRUGS—MEDICINE DOES HARM WHEN NOT INDICATED—MANY TREATMENTS AT ONCE—OTHER MEASURES OFTEN SUFFICIENT—CAREFULNESS ALWAYS NECESSARY—WORSHIPING DRUGS—SANITATION VS. DRUGS.

That the American people are in the habit of taking too much medicine cannot be denied, and the worst feature of the case is that the use of medicine is rapidly on the increase. The use of medicines has drifted very rapidly from a luxury to a necessity, and from a necessity to a habit.

The consumption of hypnotics, narcotics, anodynes, and stimulants is enormous. The annual consumption of such drugs as chloral, bromide of potash, etc., amounts to hundreds of tons each. The amount of opium used, aside from opium eating, is tremendous. The chloral habit and the morphine habit are taking their places beside the opium habit, and some new, fascinating drug is almost annually added to the list of "Drugs that enslave." The deceptive feature connected with the abuse of all drugs, except opium, alcohol, and tobacco, is that the victim imagines the craving for the drug to be due to existing disease, and not to the force of habit.

Most medicines, when long used, beget in the human system a physiological demand for their continuance. The attainment of health is becoming more and more a matter of concern. The physique of the people is becoming more tense and nervous and more cognizant of its pains and aches. We no sooner become aware of the fact that we have nerves than we try to feel them vibrate; knowledge of a stomach creates an interest in its welfare; to locate the liver is to become in sympathy with it; to become familiar with our functional complexity is to disturb it by mental meddling. Lecturers in medical colleges often warn students on these points, as students of medicine are always in danger of becoming deluded with the thought that the diseases they hear described so graphically are lurking in their systems. When our

attention is once arrested we are ready to lend a willing ear to every cry of pain. No disagreeable feeling or functional derangement, no matter how trivial, escapes our notice. The sympathy between our consciousness and our physical condition becomes intense, and busy with messages conveying the intelligence of a pain yonder, a soreness in some vital region, a tenderness in some deep-seated organ, or an unnatural condition of some function. "A little knowledge is a dangerous thing." We read medical almanacs, patent medicine advertisements, we pry into our case by an investigation, we look at the tongue, we count the pulse and examine the excretions. No being is so nearly perfect in health but what an anxious, ignorant search will discover something to arouse concern. If dissipation or licentiousness has ever tainted one's life, their memory will add remorse to the penalty of transgression, and will induce that unwholesome mental condition which is not long without its counterpart—a deranged body. When once we feel assured that we are out of health, no argument is necessary to convince us that we need some sort of medicine. Thousands of people arrive at this point daily, and most of them seek relief through the medium of drugs. To such persons a patent medicine advertisement "hits exactly," and secret nostrums are eagerly sought for by those who need but little or perhaps no medicine at all.

All medicine has the power to create in the system the elements of habit. No matter what the drug may be, if it be taken regularly for any length of time, its sudden withdrawal will be accompanied by certain failures on the part of those organs upon which it acted, and a need of its continuance will be felt. Any new article of commerce thrown upon the market will meet more or less sale; so with medicine in the system—the supply creates a demand. The disease or derangement for which a drug was administered may have disappeared, yet a desire for the medicine has been created, and the morbid appetite demands it. Thousands and tens of thousands of people are constantly taking medicine to relieve symptoms caused and maintained by the very medicine they are taking. Nerves require stimulating because they have been stimulated to weakness; livers are being excited because

they have been excited to torpidity ; stomachs are being toned up because they have been toned down ; kidneys are being acted upon because they have been acted on too much, and the bowels need cathartics because they have been purged into constipation. The reactionary powers of drugs are deceptive and insidious, yet sure, and not appreciated as they should be by the medical profession, while the laity are almost entirely ignorant of the subject.

The evils growing out of taking too much medicine are manifold. Those who rely too implicitly upon the powers of medicine are apt to become careless and forego the use of other remedial measures. They are likely to be wholly controlled by their feelings. So circumspect do some persons become over their sensibilities that they are like the tree, "so straight that they lean the other way." Such people are easily infatuated with medical proposals or with any one who will listen to their ailment and lend sympathizing suggestions.

Those who readily resort to drugs fail to realize the fact that nearly all medicines are in themselves injurious. We apply blisters to relieve internal congestions and inflammations, but it must be remembered that blisters themselves are very undesirable, and unless they modify the trouble for which they are applied they are injurious. We give opium to relieve pain, yet opium is very deleterious in its general effects ; we give bromide of potash to prevent spasms, yet it is apt to derange the stomach and otherwise prove objectionable.

Medical treatment, at best, is simply choosing the lesser of two evils. I have seen the skull opened to relieve pressure upon the brain, a proceeding which of itself threatened life. We often adopt measures that are in some respects quite undesirable in order to modify or dissipate conditions which tend to destroy life. We remove one eye to save the other, and all along the line of curative measures we recognize a law which condemns medicine unless its use is necessary. Ill-advised measures are great hindrances to the sick. Doing the wrong thing is a transgression, the effect of which, unfortunately, cannot always be fully appreciated

Medicines were never intended to be taken carelessly, promiscu-

ously, or ignorantly. Not a single dose of any medicine should ever be taken without some well-defined reasons for its administration. To be giving or taking various medicines merely because it is supposed that *some* medicine is necessary is poor policy.

Only one treatment at a time should be employed for the same affection. I am sure that this rule is constantly ignored. Many people have so little faith in medicine that they will try two, three, or more things, all at once, in order to get well in a hurry. Some time since a well-educated and intelligent gentleman consulted the writer in regard to his wife's illness, stating that she was taking medicines from two physicians, and in addition she was taking three patent medicines. He desired to know if there was any "conflict between the various medicines in her system, or any danger of an explosion." How many different drugs the three proprietary articles contained I know not, but the two physicians were administering eleven different articles. A short time ago a gentleman of my acquaintance was being prescribed for by three different physicians, and at the same time he was taking three patent medicines—virtually turning his stomach into an automatic chemical laboratory. I am convinced that this careless, wholesale, and pernicious practice of taking medicines is quite common.

Physicians often give more medicine than their good judgment dictates simply because they know their patients will be dissatisfied with less. They would forego the use of medicine entirely in many instances were it not essential to satisfy the minds of patients. People too often put a premium on the man who is willing to deceive with bread pills or some other useless nostrum. He who has lost faith in everything in the shape of medicine, unless it will do the work by prompt and powerful action, is in no condition of mind to gain health through its aid. Health is found in a normal condition of the body and a natural activity of its various organs and functions, and why it is necessary to "scrape the liver," "clean out the stomach," and "turn the bowels inside out" in order to set up a healthy, normal, unconscious action, would be difficult to explain.

Dependence upon simple measures within reach and a proper

use of them constitute a great barrier against the approaches of disease. Opportune rest, quietness, abstinence from food, the use of warm drinks, avoiding night air, temperance, keeping the feet dry, and a thousand other things which a little thoughtful common sense will suggest, will often secure immunity from disease, while carelessness and exposure invite sickness and often death, no matter how much medicine may be taken.

People are careless with their health, because they imagine that sickness can be easily cured; they ruin their eyes by straining them, because they can procure spectacles; they are willing to neglect their teeth, because they can buy new ones. When young, they are profligate and wasteful of strength, because they believe their strength will bridge them over the consequences of their dissipations. Such people fail to appreciate the importance of the great care of both body and mind which an infinite and wise Maker requires of them.

The impression that some people get of the necessity of a "good cleaning out" once a week, or a "course of medicine" now and then, is a very erroneous one and one that jeopardizes good health. Medicine has its legitimate field of usefulness, and when kept within proper limits and intelligently prescribed it is a source of health, happiness, and life; but when used without reference to its real indications, it becomes a pernicious evil.

People not only acquire the habit of taking too much medicine, but physicians are very prone to load their prescriptions with a superabundance of drugs. A friend of my early childhood, now a skillful physician, addressing a medical convention, some time ago, said:—

"There are few physicians to-day who do not try a 'shot-gun' prescription at an obscure disease. Death lurking in ambush might get a stray pellet and retire. Even in these last ten years I have known the most maddening variety of drugs administered in pulmonary tuberculosis. Whence this all-pervading worship of foul, ill-smelling drugs? We throw into the vitals of mankind roots and herbs and seeds, liquors and gums and oils, sodas and zines and leads, poisons and counter-poisons, and expect, somehow, to see evolved the charm of perfect cure." After show-

ing by statistics that the use of drugs was enormous and on the increase, he continued: "What feeling of pulses and sounding of ribs, analyzing of fluids, grouping of symptoms, pausing and weighing and doubting, go with all these figures! What rasping of drugs in the apothecaries' pots, rolling of pills, swishing of liquids! The drowsy nurse fumbles at vials, while the clock ticks drearily, and the sick man stares at the ceiling and groans at the trooping phantasmagoria of his mind! What hard-earned money is swallowed up for his dismal potions before he swallows them! Drugs help us to a certain extent, but we have found a more powerful magic in mountain air and rolling seas, gay converse, riding, driving, wheeling, rowing, and travel. The sanitarian saves more lives to-day than did all the doctors of the last century, Jenner excepted."

UNNECESSARY MEDICINE.

ONLY THE SICK NEED MEDICINE—MISNOMERS—DECEPTION NOT NEEDED—
REAL SICKNESS—GENERAL HEALTH—PERFECT HEALTH—APOSTLE PAUL—
INCURABLE DISEASES—OVER-CONFIDENCE IN MEDICINE—COMFORTS RATHER
THAN MEDICINE—MEDICINE OFTEN THE ONLY AVAILABLE RECOURSE—
DOSING BABIES.

"They that be whole need not a physician, but they that are sick." An erroneous idea of what constitutes disease and also of the real value of medicine are the chief reasons why people take so much medicine unnecessarily. He who knows his condition and is aware of what ought to be done, is apt to discover, in many instances, that he really needs no medicine, and in many cases that some hygienic measure will afford the desired relief.

Nervous people and those with frail bodies, are apt to magnify their ailments, and the least symptom of ill health becomes a matter of concern. Such persons are exceedingly prone to resort to medicine. Those who are chronically "half sick" take more medicine than those who are really ill, and those whose affliction exists only in the imagination take more medicine than all others.

Hundreds of times have I been consulted by people who were about half sick, who wanted something, they knew not what. Such feelings are periodical with some people. They get in the habit of taking a dose of pills every Saturday night, or some other routine treatment. The least indisposition brings to mind their "old trouble" and suggests "their remedy," when in reality no medicine whatever is needed, but, instead, a regulation of the diet, a change of occupation, and a better observance of the rules of health.

Medicines are only needed when other things fail. They should be the last, not the first resort. People seem to forget this. Advertisements have raised the popular opinion of medicine so high that other things are lost sight of. To depend for health absolutely upon the power of drugs is an almost universal fault with a certain class of invalids. At best drugs can only aid nature, relieve faulty conditions, and give nature a chance to repair. Drugs that relieve pain seldom do so by removing the cause; they simply deaden the sensibilities. Sometimes nature takes advantage of the brief lull of pain to interpose relief, and sometimes not. No pain-relieving drug should be continued after the pain for which it was given has ceased.

A great amount of unnecessary medicine is taken by those who are incurable, such as victims of organic diseases of the lungs, heart, liver, and kidneys. A dependence upon the power of drugs, instead of conforming to strict laws of health in these affections, is productive of much mischief.

Such terms as "Liver Cure," "Kidney Cure," "Lung Restorer," etc., give a very wrong impression, for in nearly every instance such titles are misnomers. Excepting in rare instances such medicines have no curative effect whatever, and they may be positively injurious. But suppose that a few out of the many various "cures" do possess some special virtues and to some extent represent the claims of those who advertise them, the remainder—a very large majority of the whole—are either commonplace, injurious, or worthless. But they are all held up with equal recommendations, they all secure the "highest endorsements," and are alike vaunted by their proprietors for the won-

derful and magic cures which they have wrought. How then shall the deluded public judge between them? Some persons argue that the recoveries which take place as the result of the mental and inspiring influence connected with taking these greatly advertised nostrums furnishes a reason for their manufacture and sale, even if they possess no other virtue. Such theories are a relic of the dark ages, and such practices can flourish only as a result of superstition and ignorance. Deluding the credulous with mysteries and deceiving the people into health—dominant minds making slaves of the untutored—is a species of mental slavery which belongs to the history of the benighted past, and should not be necessary or tolerated, except in special individual cases, in the present enlightened age. If the composition of all the secret medicines and the mysteries of all the advertised systems of medical practice were made known, while a few would withstand the test of all honorable criticism, the most of them would become totally wrecked by the publicity, and, like frustrated vermin, they would chase each other into oblivion. To claim that such so-called remedies are necessary to cure disease is a libel upon the intelligence and better judgment of the people.

An erroneous impression in regard to what constitutes disease requiring medical treatment causes much unnecessary medicine to be taken. Many people believe that *perfect health* is possible, and that the least departure from this high standard calls for some remedy to restore them. To rear such a standard is very erroneous, as it places nearly all of mankind at once on the invalid or sick list, as very few indeed can claim perfect health. A writer upon this subject says: "A trained observer can notice a lack of perfect health in nine persons out of ten as they pass along the street in any city or town," yet this fact should not suggest an idea that nine-tenths of the people need medicine. It may be that the one-tenth, who are exceptionally blessed, owe their good fortune to the fact that they follow the natural laws of health and hygiene and avoid medicine altogether.

There is a *standard of health* which belongs to each individual, and it ranges from *perfect* to very *imperfect* physical conditions. When these conditions become fixed their aggregate represents

the "usual" or "general" health of the individual, and it is seldom possible to materially change such conditions through the use of medicines. The Apostle Paul had a "thorn in the flesh" and prayed earnestly for its removal. Not prevailing, he ceased further effort at its removal and "most gladly" accepted the situation. The majority of mankind to-day have some "thorn in the flesh" existing as a permanent physiological condition, and to spend a lifetime in the effort to remove it is a waste of time, and money, and a sacrifice of earthly enjoyment. These conditions can often be removed, however, and nothing short of perfect health should form the ideal. They must be outlived and outgrown, and the sources of their existence must be cut off by correct living. If these things are done medicine will be unnecessary.

Persons afflicted with cancer, consumption, or other fatal maladies, when advanced beyond a possibility of recovery, take a great quantity of unnecessary medicine. Such persons can employ their minds in a much more profitable way than in following a forlorn hope through the medium of drugs. During a single year ten persons died of malignant cancer under my observation, and all of them, until the last, were grasping at anything and everything that offered the faintest hope, either in the realm of quackery or otherwise, in many instances embracing such treatment as aggravated the disease and imposed great discomfort upon the patient. In such cases comfort of body, tranquillity of mind, and a Christian submission to the inevitable, embrace all that can be accomplished, and any attempt to do more only adds to the suffering.

Over-confidence in medicine does much harm. When we place too much reliance in drugs we are apt to forget and forego other and often more important measures. We are apt to resort to "bitters" when the appetite fails, notwithstanding that the distaste for food is often a wise provision of nature to rest the digestive organs. We resort to stimulants to relieve fatigue and lassitude when rest is the only thing necessary. We involuntarily fly to cathartics in constipation when a change of diet is a much better thing to do. We seldom search for the cause of our suffering, but

simply make an effort to modify or destroy the most prominent symptoms. Instead of accepting pain, suffering, and disease as admonitions to change our diet, habits, or modes of living, we resort to drugs. Tonics, stimulants, cathartics, and diuretics are swallowed under the impression that it is a good thing to "clean out the stomach," "stimulate the liver," or "act on the kidneys," forgetting that over-action is always followed by a season of lassitude and depression. It is just as senseless to expect a stimulating or irritating drug, taken every few days, to improve the natural functions of the body as it would be to expect a person's temper or disposition to improve by making him angry every few days.

Depending upon medicine and resorting to its use unnecessarily tends to make a person a slave to it. There are thousands of people who, by using medicine when not needed, have become dependent upon its use. They try first one remedy, then another, and keep it up for a lifetime. They lose sight of the fact that there are resources conducive to good health other than those of medicine. They associate one remedy with headache, another with dyspepsia, another with constipation, another with neuralgia. No matter what disease is named, there is only one resource thought of, and that is—some medicine. First one medicine, then another, becomes a temporary hobby with some people, and their infatuation is more or less contagious.

A very strong objection to taking medicine when it is not necessary, aside from the direct harm it does, is its expense. If one dozen bottles of Dr. Norwegian's Lung Cure costs ten dollars, and two suits of all-wool underclothing and a pair of water-proof thick-soled shoes can be bought for the same money, where only one or the other can be afforded, always select the clothing if it is needed. If it is going to cost twenty dollars to try some new remedy for dyspepsia, the question whether it would not be better to spend the money for appropriate, easily-digested food, or spend a few weeks at the seashore, or take some other recuperative trip instead, should always be considered.

Tens of thousands of dollars that are annually spent for drugs, would do infinitely more good were the amount spent for clothing

and food, and rest from business, and recreation and change, and such other measures as are calculated to bring personal comfort and bodily health. I am not decrying the proper use of drugs—far from it. When properly used in connection with other appropriate measures they are a great blessing, but when they are taken independently of other considerations their use is not only expensive, but pernicious.

The existing demand for medicines and the trial to which they are subjected in cases where all hygienic rules are disregarded, greatly impair, if they do not utterly destroy, their efficiency. People are willing to take medicine, but will entirely disregard directions in regard to diet and personal habits. The wants and necessities of daily life are so exacting that occupations, be they ever so confining or debilitating, cannot usually be abandoned. Most modern cookery is of too concentrated nutriment, too stimulating, too exciting to the appetite; so that, with idle habits, we indulge too much in the pleasures of the table to be compatible with the greatest enjoyment, the greatest mental and bodily vigor, and the firmest health. Any radical regulation of diet, temperature, clothing, exercise, etc., is too often beyond our control. The only available recourse in many instances seems to be medicine. Nine persons out of ten, when sick, think of little else than medical treatment, and if, in their helplessness, they fall into the clutches of quackery, they become easy victims of delusion. Do not imagine that medicine alone will cure, or that it is necessary in all cases of pain or ill health. Never be offended when told by a physician that no medicine is needed. As stated elsewhere, it requires just as much learning to know when it is not necessary as to know when it is required, and it requires infinitely more courage to say it is not needed than to regard the expectations of patients by prescribing medicines.

Perhaps more unnecessary medicines are given to babies and small children than to any other class. Soothing syrups, baby syrups, and various anodynes are so persistently advertised that parents are constantly reminded of the supposed virtues of these mixtures, and dosing babies has become almost a fashion.

A child very seldom requires any medicine whatever. If it is

sleepless, fretful, or feverish these things indicate that something is being done or given to it already which is out of place, and to add medicine only increases the trouble.

Proper food, pure air, cleanliness, and rest, if properly utilized, will remedy most of the disorders of childhood. If the food is not of proper quality or amount we may expect some sort of ailment to result as a consequence, and the cure must always come through a proper regulation of the diet. To give a dose of soothing syrup or other opiate to quiet a restless child, not only clogs the mind, but the secretions as well, and when such dosing is kept up there is danger of dwarfing the mind and laying a foundation for evil habits in later years.

It should be remembered that a child will be restless, fretful, sick at the stomach, or have a high fever at a very slight provocation, and such conditions are usually removed by very simple measures. A change of diet, a simple enema of soap and water, a warm bath, or some other simple measure will usually render drugs entirely unnecessary. A baby or small child never needs medicine unless it is really sick, and then it is best always to consult a physician. It is the height of folly to imagine that a new-born babe needs saffron tea, that its early cries are calls for catnip, and that the various indispositions of infancy and childhood are best treated by soothing syrups, anodynes, and cordials.

Our brilliant poet, Will Carleton, in "THE DOCTOR'S STORY," has graphically set forth the influences which dominate in too many sick-rooms. It well illustrates the disadvantages which every physician—and most sick persons, too—occasionally encounters and the result which too often follows if a physician prescribes according to his candid judgment when no medicines are necessary:—

Good folks ever will have their way—
Good folks ever for it must pay.
But we, who are here and everywhere,
The burden of their faults must bear.
We must shoulder others' shame,
Fight their follies, and take their blame ;
Purge the body and humor the mind ;
Doctor the eyes when the soul is blind ;

Build the column of health erect
On the quicksands of neglect.
Always shouldering others' shame,
Bearing their faults and taking the blame !

Deacon Rogers, he came to me :
'Wife is goin' to die,' said he ;
"Doctors great an' doctors small
Haven't improved her any at all ;
Physic and blister, powders and pills,
And nothing sure but the doctors' bills !
Twenty old women, with remedies new,
Bother my wife the whole day through ;
Sweet as honey or bitter as gall,
Poor old woman, she takes 'em all ;
Sour or sweet, whatever they choose,
Poor old woman, she daren't refuse.
So she pleases whoe'er may call,
An' death is suited the best of all.
Physic an' blister, powder an' pill—
Bound to conquer and sure to kill !"

Mrs. Rogers lay in her bed,
Bandaged and blistered from foot to head ;
Blistered and bandaged from head to toe,
Mrs. Rogers was very low.
Bottle and saucer, spoon and cup,
On the table stood bravely up ;
Physics of high and low degree ;
Calomel, catnip, boneset tea—
Everything a body could bear,
Excepting LIGHT and WATER and AIR.
I opened the blinds ; the day was bright,
And God gave Mrs. Rogers some light.
I opened the window ; the day was fair,
And God gave Mrs. Rogers some air.
Bottles and blister, powders and pills,
Catnip, boneset, syrups and squills,
Drugs and medicines, high and low,
I threw them as far as I could throw.
"What are you doing?" my patient cried
"Frightening Death," I coolly replied.
"You are crazy," a visitor said ;
I flung a bottle at her head.

Deacon Rogers, he came to me :
"Wife is coming 'round," said he ;
"I really think she will worry through ;
She scolds me just as she used to do.
All the people have poohed and slurred ;
All the neighbors have had their word.
'Twere better to perish,' some of 'em say,
'Than be cured in such an irregular way.' "

"Your wife," said I, "had God's good care,
And His remedies—LIGHT and WATER and AIR ;
All the doctors, beyond a doubt,
Couldn't have cured Mrs. Rogers without."

The Deacon smiled and bowed his head,
"Then your bill is nothing," he said ;
"God's be the glory, as you say !
God bless you, Doctor ! Good day ! Good day !"

If well-meaning friends and kind neighbors would recommend more of "*God's remedies*" above described, and less of their own concoctions, it would not only "frighten Death," but much of the sickness, away. "Light, water, and air," rest, sleep, contentment, exercise, etc., are not only mighty bulwarks against the encroachments of disease, but they should be first considered in the treatment where sickness has overtaken us. If this was done "*medicine made by men*" would be seldom necessary.

IMAGINARY DISEASES.

POWER OF IMAGINATION—A TYPICAL CASE—INTESTINAL SNAKES—PERVERTING THE MIND—BLISSFUL IGNORANCE—FRIGHTENING THE PEOPLE INTO SICKNESS—ERRONEOUS CONCLUSIONS—SPURIOUS HYDROPHOBIA—FATAL CASE OF "IMAGINATION"—PHYSICAL DELUSIONS NEED NO PHYSIC.

In no way does the imagination act more profoundly than upon the bodily health, and in turn nothing gives to the imagination a more interesting scope of action than one's physical condition.

Some years ago a bright, intelligent, robust young man, in whom I had taken considerable interest, came to me in great distress and asked the loan of fifteen dollars. Knowing that he had an indulgent father, his request somewhat surprised me. After some conversation I told him I had no objection to loaning him the money, but before doing so I would require him to inform me what he was going to do with it. He hesitated considerably at this demand, but he finally decided to tell me. With a long face and fallen countenance he informed me that his health was about to break down, and he desired the money to get cured. I was struck with amazement. To all appearances he was the picture of health, and with great anxiety I began to question him about his condition. He informed me that he really was very badly off; that he had consulted a physician who had informed him that unless he received prompt and proper treatment his health would give way and he would not live long. I told the young man that I did not think he could be so seriously affected, as he looked the picture of health. He informed me that he had consulted one of the leading physicians of America, one who had "*studied in Europe*," and that this doctor had told him that he, the doctor, was the only person in this country who could cure him.

I began to see through the matter. We had a long talk, and I found after a thorough questioning that the young man was enjoying perfect health, had never had a sick day in his life, and from every indication would live to a good old age. This young

man had become concerned about his health through reading a small book designed as an advertisement, and then had consulted its author, who had his office in the rear of an anatomical museum on Chestnut Street in Philadelphia. He entered the trap a pure-minded, chaste, healthy boy of seventeen, and made his exit a forlorn and wretched candidate for the grave. It was a difficult task to convince him that Dr. ——— was a base scoundrel, that he, the young man, was in perfect health, and that his affliction existed in the imagination only. Fearing that my persuasion was incomplete, I told the young man I would give him some medicine, and accordingly I mixed for him a little peppermint, water, etc., and gave him five dollars, with the understanding that he should enter no more anatomical museums and consult no other doctor. In a short time he had dismissed the matter from his mind and was completely cured. Although years have passed, he has enjoyed excellent health, is married and living happily. Absolutely nothing was the matter with him except a temporarily diseased mind. It was simply a disordered imagination.

The matter of health had never entered this young man's mind, but visiting this den of iniquity, existing under the cloak of science and medical art, it had entirely engrossed his attention, and the quack, acting as "free consulting physician," had branded the imagination with a false impression.

I know a gentleman who has been taking medicine almost constantly for twenty years for an imaginary heart disease. All he needs is rest and contentment of mind. Another gentleman of my acquaintance, a college graduate, has been taking medicine almost daily for twelve years and has spent hundreds of dollars trying to cure what he considers an "internal cancer." To all appearances he is well and enjoys fairly good health. Had his disease been real instead of imaginary he would have gone to his long home years ago. Another gentleman has remained in his room, most of the time in bed, for twenty years, because he imagines himself very delicate and believes that an exposure to the pure, fresh air outside of his own house would jeopardize his life. For years I have been intimately acquainted with a lady who

imagines that her stomach is inhabited by snakes. She has for many years been taking first one remedy, then another, to kill them. Her life is a burden to her, and although she is a stout, healthy woman, her imagination keeps her in constant terror. It is useless to try to allay her fears. She replies to all my efforts to enlighten her: "O Doctor, it is no use to deny it; I know they are there. I can feel them crawl from place to place; there is no mistake about it." Her mind seems to be totally absorbed in following these hideous reptiles from one part of her body to another.

The imagination is a powerful factor in maintaining the supposed prevalence of female complaints. Quacks, irregulars, and—it is humiliating to admit—many physicians in good standing seem to foster the idea of physical weaknesses, and for the sake of money to torture a delicate but not sickly woman into a life of anxious suffering. Women who should have been left in blissful ignorance of their organization, and whose minds should be absorbed in pleasant occupations, often become the suffering dupes of heartless medical pretenders. Says a late writer: "God only knows how many young women in our land are tormented with apparitions of imaginary evils, which have no existence except in some physician's false teaching; young women, who, had not the subject been suggested to their minds, would have lived a lifetime without even a thought of anything wrong." * * * "If there is a wretch meaner than all others in the sight of God, it must be the physician who, void of moral sense, would exaggerate the nature of a case and terrify the sick, simply for dollars and cents."

A short time ago a pamphlet was circulated over the country giving the people directions how to ascertain, by self-examination, whether they enjoyed perfect health or not. A certain standard of health was erected, and all those who fell short of this were, according to the pamphlet, sick and in need of medicine. The advertiser, a quack doctor who wrote the pamphlet, greatly deplored the physical degeneracy of the human race, and with frightening forebodings warned his readers not to neglect the matter, as every one was liable to be the victim of subtle disease, even if no appa-

rent symptoms existed. He informed the people, under the guise of a confiding secret, that "not more than one person out of five hundred is really healthy." His scheme and advice was to take the matter by the forelock, and by the use of his wonderful restoring medicines, prevent the approaching maladies. According to such idea of disease and such inflicting sophistry, at least ninety-nine of the hundred millions of our people are sick and should resort to medicine at once. That the people of our nation must be persistently importuned by such pernicious advertising literature is one of the attending evils of liberty and advancing civilization.

One of the leading medical teachers of our country, in a public address delivered some years ago, asserted that the main reason why quacks are successful is on account of the roseate and hopeful outlook they hold before the sick and suffering. He claimed that the regular practitioner fails to impart to his patients cheerfulness and hope, while the charlatan makes prominent these feelings as a stimulus in curing disease. This, however, is not altogether a true statement. Quacks, medical pretenders, and secret medicine manufacturers spend millions of dollars annually trying to convince the people, by cruel advertisements, that they are sick. Almost every quack advertisement is a misrepresentation, like a red flag, betokening some danger, but which is only imaginary. They picture to the people black clouds of physical despair, on which they paint their own names as a silver lining in cheerful colors. It is a common thing for physicians and druggists to encounter those who have "been kept in a furnace of anxiety and terror for months or years by the deception of some rapacious and shameless quack, or the ignorance of some novice in the profession, who made them believe that they were victims of some dread disease, when, in fact, they had really never had even a sign or symptom of it."

We are apt to forget, when considering physical derangements, that we are "one-third physical and two-thirds mental." We aim at the physical signs of disease only, and no matter how prominent the mental influences may be, we often fail to observe them. People conclude they are sick by taking account of imagi-

nary impressions. They overlook the fact that real diseases are accompanied by well-defined physical symptoms.

In the popular mind a chronic cough is always associated with consumption; palpitation erroneously suggests serious heart trouble; neuralgia between the ribs (a very common affection) is very suggestive of pulmonary disease, and chronic bronchitis is often taken for consumption, while a loss of flesh and appetite is very apt to suggest a serious failure of the powers of life. The imagination is a prominent characteristic in very many well-known affections. Paralysis, neuralgia, insanity, dyspepsia, constipation, and many other ailments are greatly influenced by the imagination.

I quote the following from an excellent medical work, written by a prominent and able surgeon:*

"Some of the most able and careful medical men are of the opinion that most, if not all, cases of so-called hydrophobia are spurious; that is, they are not hydrophobia at all. I have myself studied this subject with great care for years, and have become satisfied that the popular theory in regard to hydrophobia is utterly wrong. In most of the reported cases the patients have been alarmed by what they thought, and frightened by what injudicious friends or timid doctors have said and done, until they died of sheer terror. So in case of a bite from a supposed mad dog, let the things suggested above be done; then let quiet be secured and the very best medical man in the place sent for. It is a very serious matter, and calls for the clearest head and most extensive information. Whoever gets flurried and shows alarm at such times is scarcely less dangerous than the dog that did the biting. Then let no one breathe 'hydrophobia' or talk about what has happened. By this the chances of escape will be increased." The same author calls attention to the fact that "so-called hydrophobia exists exactly in proportion to the common belief in it." "It seems to have disappeared from Pennsylvania, and is extremely rare in any part of the United States." Lan-

* "What to Do First in Emergencies," by Charles W. Dulles, M. D. Third Edition. P. Blakiston, Son & Co., No. 1012 Walnut Street, Philadelphia, Pa. Price 75 cents.

guage similar to the above might be written in regard to a large number of ailments. I quote the following from the writings of a reliable New England physician :—

“Some medical students determined to try the influence of the imagination upon a countryman who was going into town to market. They met him, one after the other, each telling him how pale and sick he looked. At first, as he felt perfectly well, he paid no regard to it, but after two or three had accosted him he began to think there must be something the matter with him. By the influence of the imagination he soon began to feel badly and to look really pale. And as he still continued to meet persons who declared themselves struck with his peculiarly sickly and ghastly appearance he grew worse, and the result was he sickened and died.” The question suggests itself: How many thousands grow pale, sicken, and die annually from reading quack advertisements?

A writer has said: “If the people of the United States don't take care, they will suddenly find themselves obliged to call upon barbarians to strengthen up the national physique. The people have too little blood and too much nerve.” They are eminently prepared to imagine themselves sick, and they are being cunningly and diligently deluded into the belief that the best way out is to implore the aid of a fostered system of quackery. This is an unfortunate delusion. Proper mental training and physical development, out-of-door exercise, a more wholesome diet, less alcohol and tobacco, and more contentment all have a mission in the right direction. Real diseases may require medicine, but imaginary affections must be out-grown, out-lived, and out-witted.

INCREASING REGARD FOR LIFE AND HEALTH.

The past twenty years represent an epoch in human progress embracing every field of thought and activity. Science and art were never so active and restless, earnest and busy as now. Invention, original research, industry and ambition have brought us a new era in civilization.

The Practice of Medicine and Surgery and the Conservation of Life and Health have experienced a revolution in methods of treatment and in the popular appreciation of a stronger and healthier race. The advancement made during the past twenty years in medical and surgical knowledge is almost as great as that of the former twenty centuries.

The successful use of Antiseptics and Germicides in medical and surgical practice has brought a new system of therapeutics and rendered many serious surgical operations safe and practical that were formerly not only unwise but impossible. Indeed, new discoveries have given to medicine and surgery new conceptions of usefulness and revolutionized the importance of the microscope, the laboratory and the labors of the bacteriologist.

The discovery of the Roentgen or X-ray has contributed new methods of diagnosis and its use promises to materially aid in the successful treatment of cancer, tumors, morbid growths and other maladies heretofore beyond the reach of human skill. Discoveries in the uses of electricity in various ways are constantly adding new power over diseases of the nervous system, muscular tissues and in removing extraneous deposits, and it is constantly becoming of greater practical use in the hands of the up-to-date physician.

The introduction and demonstrated value of the animal product *antitoxin*, is one of the most brilliant achievements of the age. Its power to prevent and modify the ravages of diphtheria places it in the same class as vaccine, and among the greatest benefactions to mankind. While antitoxins for other diseases, such as lockjaw, rabies, tetanus, typhoid fever, tuberculosis and cancer have not been so definitely demonstrated, their virtues are no longer an empty experiment and future research no doubt will

render their use an important agent in the hands of every progressive physician.

The discoveries regarding the spread of yellow fever are among the most important in all history, and made doubly so on account of the construction of the canal connecting the Atlantic and Pacific oceans and the inevitable development of the tributary tropics.

When, in the year 1900, Major Walter Reed, a young Army Surgeon, demonstrated by experiments that the insect *stegomyia fasciata*, a species of mosquito, transmits yellow fever by sucking the blood of those afflicted and then after a lapse of twelve days biting other persons, he gave to the world what General Leonard Wood declared to be "the greatest medical discovery of modern time," and of which Prof. Welch, of Johns Hopkins University, said: "With the exception of the discovery of anæsthesia Dr. Reed's researches are the most valuable contribution to science ever made in this country."

It is now also known that mosquitoes carry not only yellow fever but malaria and other miasmatic poisons and that flies and other insects and animals are vehicles for the transmission of disease germs. How to curtail or entirely prevent such contagion is becoming a matter of public and legislative concern. Active research is constantly being made as how best to obliterate the mosquito and housefly, and already the use of chemicals and systems of drainage are being employed to prevent the propagation of obnoxious insects and disease germs and the movement promises ultimate success.

The national Pure Food and Drug Laws have wrought untold benefits to the entire domain of business and to the public in general. That the various states are supplementing the national government by the enactment of similar laws shows the universal approval of a determined effort in behalf of pure food and drugs. These laws have had a most radical and wholesome effect upon the sale of medicines and the products of the pharmaceutical chemist. Every official article now offered for sale by druggists must be of standard strength and conform to the Pharmacopœia. This is as it should be and adds tremendously to the responsibility of the seller of drugs and medicines.

Far reaching as these laws are legal restrictions should go further. The ingredients and working formula of every secret or patent medicine should be made public and printed upon the label and be subject to official inspection. Nor should the physician be free from all restraint in the administration of drugs. The medicines upon the shelf or in the case of the doctor should be subject to the same legal oversight as those in the store of the pharmacist.

Laws have also been enacted in most states during recent years prohibiting the sale of drugs that enslave through the formation of habit. Only a few years ago druggists almost everywhere were allowed to sell any drug, in any quantity, to anybody, as often as called for. As a result the use of opium, morphine, laudanum, cocaine, chloral and other drugs were being used to an alarming extent. That these poisons can no longer be sold promiscuously is in accord with genuine progress.

The passage of laws intended to protect life and health and the formation of Boards of Health in almost every community have done much to prevent disease and confine contagion to the narrowest limit.

Laws demanding greater safety during travel on both land and sea, the legal demand for fire escapes, the requiring of wireless telegraphy on ships and better ventilation of public halls and schoolrooms, the forbidding of child labor and the increased regard for the health of those who labor in stores and factories, especially women, are all in response to an increased appreciation of health and life.

With this progress has come a more general diffusion of knowledge regarding hygiene and health. Medical colleges are now teaching a wide range of studies embracing almost every phase of prevention as well as applied treatment of disease. The efficiency of medical practice has been greatly reinforced during recent years by the trained nurse. Into no calling have women entered with more preparation and energy than that of nursing, and medical colleges and hospitals everywhere have adopted the systematic training of nurses as a part of their curriculum. As a consequence graduated nurses, and legally recognized as such, are available in every community and their aid greatly promotes the success of the physician and surgeon.

A hopeful sign of the times is an aroused conscience regarding the conservation of health and the physical improvement of the race. Business enterprise, religion, politics and social ethics are all becoming more and more concerned regarding life and health. It is at last admitted that physical, mental and moral strength, energy and beauty require soundness of body.

An important and far-reaching movement is being advanced to curtail or prevent the marriage of the idiotic and imbecile, the defective and unfit.

The care of infants and children has become a public concern. To be well born and well trained and cared for is rapidly becoming the recognized birthright of every child.

Philanthropy and the altruistic spirit of the age are becoming more and more concerned in the subject of health. Provision is being made, through liberal endowments, for original research, and men and women of the highest skill and learning find it possible to devote their lives to the study of the prevention of disease and the prolonging of life. Equipped with every possible aid, they are laboring to find the cause and cure of cancer, tuberculosis, spinal meningitis, the hookworm and many other maladies now little understood. And never were health recuperating forces so eagerly sought as now. The annual vacation, the automobile, the riding horse, the solitude of the forest, the sands of the seashore, the salt air of the ocean voyage, the pure air of the mountains, the climate of Canada or Florida, the altitude of Colorado or Arizona, the alterative effects of mineral springs, the sports of the lawn and field and the relaxation of travel and amusements have all become agencies to promote the health of both body and mind.

The promotion of life and health has become an essential part of our progressive civilization. To carry its benefits to other lands is a part of our nation's mission. Already is it true that the medical missionary is a dominant factor in uplifting the heathen in foreign lands. So far the science of medicine is the strongest support that religion has received in reaching those in spiritual darkness. And when Christian civilization becomes a world power, practical and progressive medicine and surgery of which our nation has been a leader, will be one of its chief pillars of support.

PART II.

DISEASES AND OTHER AILMENTS.

THEIR NATURE, CAUSE, SYMPTOMS,
PREVENTION, AND CURE.

EMBRACING

MANY CONDITIONS OF THE HUMAN BODY NOT CLASSIFIED AS
DISEASES, YET WHICH CALL FOR MEDICAL
CONSIDERATION.



PART II.

DISEASES AND OTHER AILMENTS.

PHYSICAL SIGNS OF DISEASE.

We distinguish one disease from another by taking into account the various symptoms which characterize each individual case, and the various conditions under which it occurs.

To be able to recognize particular diseases is one of the most difficult and important branches of the medical art. The age, occupation, previous history, inherited tendencies, predispositions, habits, and mental, physical, or nervous peculiarities of the patient, are all to have their weight in arriving at a correct conclusion regarding the nature, extent, and probable result of disease.

The history of each individual attack must also be inquired into, and its supposed exciting cause, the manner of its beginning, and the general routine of symptoms, as they have in time manifested themselves, must all be considered.

When the above conditions of the patient have been learned, the present condition is to be carefully investigated. Those symptoms which have become visible to the patient himself are of prime importance. Most intelligent persons, when they become sick, will group together the sensations they experience, and arrive at some conclusion in regard to the nature of their malady. It may be of crude construction, erroneous from a scientific standpoint, and in no sense corresponding with the technical impression in the mind of a professional; yet, as a rule, it conveys an idea of the true condition well worth considering; and the physician who ignores the opinions of his patients, robs himself of an important factor in diagnosis. An interchange of opinions between

patient and physician would often secure a correct conclusion in regard to the nature of disease, which otherwise might not be reached.

Those who have the care of the sick should also be consulted, because they have a special interest in those to whom they are devoting their attention. Such persons are on hand to witness every changing feature, and in a special manner, become cognizant of every symptom, pain, or desire of the sick.

While the above is true, in most cases the opinions of a thoroughly trained physician must be sought before a positively correct conclusion can be reached.

Upon his ability to correctly diagnose disease depends much of the success of the medical practitioner.

The treatment in every case, until the nature of the disease is known and understood, consists in relieving unpleasant symptoms as they arise; or, to use a more scientific expression, the treatment is conducted on *general principles*. If there is fever, refrigerants and cooling drinks are given; if there is pain, anodynes are administered; if there is restlessness, nervousness, or inability to sleep, nervines or hypnotics are called for; indeed, modern medical practice is largely fashioned after this kind of dosing. Specific, radical, direct medication is rather the exception.

PAIN.

PAIN is the most constant and prominent symptom of ill health, and is always of great value in revealing the nature of disease.

Pain may be dull or sharp, continuous or intermittent, slight or severe. It may be due to an almost limitless number of causes, and its character may differ and fluctuate between widely separated extremes. A dull pain is generally persistent and confined to one spot; a sharp pain is apt to be spasmodic and change from place to place. The seat of the pain is not always the seat of the disorder. A deranged liver will cause pain in the right shoulder; hip disease, pain in the knees; or a disordered stomach may cause pain in the head. The character of the pain largely depends upon the nature of the structure involved. In diseases of the bone it is constant and *boring*; in the mucous membranes

it is *dull*; in the serous membranes, as in pleurisy, it is *sharp*; in the skin it is *itching* and *burning*; in some portions of the body it is *sickening*, and in the small, bony structures, as of the fingers, bones, and teeth, it is *excruciating*.

Pain produced by pressure is called *tenderness*, and is usually the result of inflammation, the presence of some foreign material, or a deranged condition of the nerves of the parts.

THE PULSE.

THE PULSE is caused by the throbbing or beating of the heart, and indicates the condition of the circulation. The most convenient point at which to "feel the pulse" is just above the bones of the wrist, between the leaders in the center and the bone on the thumb side of the arm. By compressing with the ends of the three main fingers, the pulse can be readily felt.

The number of beats per minute of the normal pulse is as follows: Infants, 130; during the second year, 110; at eight years of age, 90; at fifteen years, 80; adult life, 65 to 75; old age, 55 to 65. The pulse of women beats about 10 more per minute than that of men. The above figures, however, vary greatly in different individuals without any assignable cause. Some very healthy persons have a pulse beating 90 or more, and others, equally healthy, a pulse beating only 50 or less per minute. These facts are of value when the pulse is to be consulted for diagnostic purposes.

The pulse is *rapid* in fevers, and rapid and strong in the early stages of inflammations. It is rapid during nervous excitement, and in great debility it becomes rapid and small.

A *slow pulse* is met with in brain disorders, especially when there is pressure upon the brain substance. The pulse is also slow or sluggish in torpid liver and biliousness.

An *irregular pulse* may result from heart disease, disorders of the brain, or derangements of the nervous system. The use of tobacco will sometimes cause an irregular pulse. A very rapid, small, faint pulse indicates great debility, and if it exceeds 150 beats per minute death is probably near.

The pulse is not depended upon in diagnosing diseases, as much as it was before the clinical thermometer came into use. At the present time the laity attach much more importance to it than physicians do; but little knowledge can be gained from the condition of the pulse, except by association with other symptoms.

THE TEMPERATURE.

The use of the clinical thermometer in the practice of medicine is almost indispensable. No other indication of disease is so reliable as that made known by the application of the thermometer to the body.

The normal temperature of the internal and sheltered parts of the body is 98.6° Fahr. The most convenient and appropriate places to test the temperature are under the tongue and in the arm pit. The instrument should remain in place, fully protected from the outside atmosphere, for at least five minutes, and the registry taken while it is yet in position, unless it is self-registering. From seven to nine o'clock in the morning and about seven or somewhat earlier in the evening are the most appropriate hours of the day to test the temperature. In fever the temperature ranges from 100° to 106°. When it goes above 107° death is likely to follow, though recovery may take place.

THE SKIN.

THE SKIN, in health, should be clear, florid, pliable, warm, and the secretions sufficient to lubricate its surface.

It becomes *hot* and *dry* in fever; *pale* during fainting, nervous excitement, sick stomach, and poverty of the blood; *flushed* in fever, intoxication, and the early stages of apoplexy; *yellow* in jaundice and in yellow fever; *sallow* in dyspepsia, cancer, green sickness, malaria, and constipation; *muddy*, *opaque*, and *clammy* in dyspepsia accompanied with constipation; *livid* in typhoid and typhus fever; *blue* in collapse; *dark* in suffocation and strangulation.

The surface of the skin becomes cold when the superficial or capillary circulation is deficient.

THE TONGUE.

THE TONGUE undergoes a variety of significant changes in disease. These changes affect its size, shape, color, secretions, coating, and movements. It is *nervous* in debility and exhaustion, *one-sided* in lateral paralysis, large and flabby in chronic dyspepsia, *pale* in anæmia, *dry* and *parched* in fevers, *red* in inflammations and scarlet fever, coated *yellowish* in liver disorders, and coated *white* or *whitish* in inflammatory diseases of the lungs, stomach, and bowels.

It should be remembered that the tongue is more or less coated, even in health, as upon rising in the morning; that such articles as milk or starchy substances will leave a whitish coating; that decayed teeth, catarrh, and breathing through the mouth, as well as the use of tobacco, will change the secretions of the tongue; and that the rough surface and irregular elevations on the *back* part of the tongue do not indicate disease or ill health.

ABSCESS.

An abscess is a collection of pus in any part of the body. A boil is a typical example. Abscesses may be acute or rapid in forming, or they may be chronic and of slow development; they may be circumscribed, or the pus may be diffused into the surrounding tissues; they may contain healthy pus, or their contents may be thin and sanious.

When very large, or when located in some vital organ, as the brain, lungs, kidneys, or liver, they are exceedingly serious in their nature, and are accompanied with great constitutional disturbance. Their occurrence indicates a scrofulous taint or depraved condition of the system.

TREATMENT.—Sometimes an abscess may be aborted or modified by applying *belladonna ointment*, *tincture of iodine* or a solution of *lunar caustic*—30 grains to 1 ounce of water. Mild laxatives and restricted diet are in order. If pain and swelling continue it should be freely *poulticed*. An early incision or out-

let made by a physician is advised in most cases, after which the parts are to be made thoroughly clean and antiseptic by using a solution of *bichloride* or *peroxide of hydrogen* and dressed with petrolatum, iodoform gauze or other antiseptic dressing. A solution of *boric acid* is a desirable wash. If an abscess is *chronic* and the patient anæmic, scrofulous or in poor health *tonics*—cod liver oil, iron, quinine and strychnia or syrup of hypophosphites will prove useful. Pills of *sulphide of calcium*— $\frac{1}{4}$ grain three times daily—are regarded as preventive and curative of abscesses and boils and should be used from the start. If the cause is traceable to any specific taint in the system the treatment should aim at its removal.

ACIDITY OF THE STOMACH AND HEARTBURN.

These two symptoms are due to the same causes, are often associated together, and are treated in the same manner.

CAUSE.—This is not always apparent. They may arise from dyspepsia, constipation, over-eating, or taking into the stomach improper or unmasticated food. Rich, greasy, starchy foods, such as pastries, gravies, and concentrated dishes, are liable to provoke heartburn and acidity.

SYMPTOMS.—Heartburn, water-brash, eructations of sour food, which is at times so acrid as to set the teeth on edge and irritate the throat. There is generally a feeling of uneasiness in the stomach. The irritating gases arising from habitually sour stomachs no doubt have much to do with decayed teeth, sore throat, and chronic nasal catarrh; and that they may produce an offensive breath is known to all.

TREATMENT.—Any alkali will generally relieve it temporarily, and perhaps *bicarbonate of soda* is the best. One-third of a teaspoonful dissolved in water should be sufficient. If there is headache and nervousness small doses of *aromatic spirits of ammonia* are to be preferred. *Soda mints* are very effectual. *Charcoal tablets*, to be found in every drug store, is the best remedy we have for these affections; but *charcoal* in combination with *magnesia*, *ginger*, and other correctives is sometimes more effectual.

A cup of *hot water* will usually prevent it if taken before eating. A teaspoonful of *glycerine* taken immediately after eating tends to prevent acidity. Alkalies, such as *soda*, *magnesia*, and *soda-mints*, should never be taken habitually, as they impair the tone of the stomach. The cause of these symptoms should be sought and remedied.

An *acid* taken before meals will often completely cure acidity of the stomach. Ten-drop doses of *dilute muriatic acid*, or of *dilute phosphoric acid* are either well calculated to relieve. It is important to remember that acids should be given *before* meals and alkalies *after* meals for acidity and heartburn.

The general health should be improved, the bowels kept free, and acid-forming foods avoided. Much of the bakers' bread is, when fresh, just ready for additional fermentation as soon as it reaches the stomach. The food should be ample, but of a wholesome sort.

ANÆMIA—Poverty of the Blood.

Anæmia is a general term applied to diseases characterized by a deficiency in the amount of blood. It may consist of a lack of quantity or a deterioration of quality of the blood; in either case there is a deficiency in the number of red blood corpuscles.

CAUSE.—Loss of blood, as from injury or hemorrhage, will produce anæmia; exhausting diseases, as malaria, consumption, chronic diarrhœa, or scrofula; disorders of the digestion, and especially of the blood-making organs; excessive suckling, lack of food, want of fresh air, light, or warmth. Poorly fed and meanly clad persons are liable to it. Constipation will sometimes cause it; in fact, anything which tends to interfere with nutrition or the vital force tends to produce anæmia.

SYMPTOMS.—Anæmic persons are pale, and, as a rule, thin, flabby, weak, and easily fatigued. Many of the cases of "general debility" are simply cases of anæmia under another name. The action of the heart is weak, the circulation poor, and the extremities cold. The tongue, gums, and eyes show a pallor characteristic of the disease. Palpitation of the heart is a frequent symptom.

TREATMENT.—Plenty of *good food, fresh air, moderate exercise, freedom of mind, and tonic medicines.* Milk, eggs, meats, fish, game, poultry, and wholesome bread may be mentioned, but diet cannot be prescribed nor regulated by rules. A good cook, proper articles of diet, moderate exercise, and a temperate life constitute a good regimen.

Fresh air is imperative. A sojourn at the seashore in summer, baths with friction to the skin, out-of-door games that are not violent, should all be employed. Persons who are anæmic are weak, nervous, and, as a rule, not in condition to assimilate much medicine, so that the medicine used must be given experimentally, and in most instances it is best to depend upon small doses long continued. As *iron* is a natural constituent of the blood, we very properly turn to it as *the* remedy for anæmia. This is well, but unless iron agrees with the stomach it fails to benefit. *Tincture of iron*, ten drops in water after meals, is one of the best forms. Pills of carbonate of iron, commonly called "*Bland's Pills*," are an excellent combination. Pills of *reduced iron* (Quevenne's iron), three grains each, are, on account of not being constipating, well suited to most cases. *Dialyzed iron* may be tried. Where there is loss of appetite and debility, *elixir of iron, quinine and strychnine* (dose, a teaspoonful) is an elegant tonic preparation. Scrofulous children may be given *syrup of iodide of iron*.

ADENOIDS.

Adenoids are a disease of early childhood and consist of soft, spongy growths in the deep nasal passages or in the throat above the tonsils. They interfere with the breathing, and if allowed to remain may impair the development of the jaws and facial contour and to some extent interfere with mental activity. When of long standing the mouth, nose and face assume a wheezy, fixed expression.

TREATMENT.—Consists of their removal, and a capable physician or surgeon should be employed in every case and his advice strictly obeyed.

ANEURISM.

An Aneurism is an enlargement of an artery caused by a weakening and stretching of its coats, and may be of any shape or size. It is generally the result of a blow or an injury, a strain, or violent exercise, or it may be caused by disease of the artery.

SYMPTOMS.—An Aneurism is always along the course of an artery. It is characterized by a lump or tumor, without any inflammation and little or no pain. It is compressible, but elastic, and always pulsates. By compressing the artery on the heart side of the tumor, the tumor will relax and the pulsation cease. When they are on the large arteries near the heart they interfere with breathing, swallowing, and the circulation of the blood, and prove serious difficulties.

TREATMENT.—The treatment of Aneurism belongs to the domain of professional medicine and surgery. Persons so afflicted should take exercise of the most moderate kind, all excitement should be avoided, the general health should be carefully looked after, vomiting should be specially avoided, and at no time should over-eating be indulged in. Rest in the recumbent position two or three hours a day is strongly advised for those having aneurism. Persons having a large aneurism are likely to die at any moment, and this fact makes preparations for such a change important. Much depends upon the patient living a quiet, temperate, peaceful, and Christian life.

Digitalis has been used for Aneurism, but it seems rank ignorance to use it. Rest in bed and large doses of *iodide of potash*, under the advice of a physician, may cure, and should always be tried.

ANGINA PECTORIS.

Angina Pectoris, known also as *Neuralgia of the Heart*, is not a common affection.

CAUSE.—The cause is not known. It is sometimes called neuralgia of the heart, but it is not identical with neuralgic affections in other parts of the body. It is due, no doubt, to some morbid

change in the tissues of the heart. Men are more subject to it than women, and gouty persons seem specially liable to it.

SYMPTOMS.—Angina Pectoris consists of recurring paroxysms of pain in the region of the heart, and extending from the lower end of the breast-bone to the left shoulder and arm. Attacks are more apt to appear while walking, and they last from a few moments to—rarely—an hour or more. The pain is intense, causing a feeling of suffocation, prostration, and alarm. It returns at irregular intervals; sometimes many weeks may intervene between attacks. Life is always in danger during a paroxysm, but a person may suffer frequent attacks and live many years.

TREATMENT.—The general health should be well looked after; excitement should be avoided. John Hunter, a prominent physician of early medical times, was subject to this disease, and it was a common expression with him to say: “My life is in the hands of any rascal who chooses to annoy and tease me,” and sure enough one day he yielded to his ungovernable temper, and died in the induced paroxysm.

Tonics, contentment of mind, fresh air, moderate exercise only, plain food, and temperate habits will be advantageous.

Hoffmann’s anodyne in teaspoonful doses, repeated if necessary, is one of the best remedies.

Nitrite of amyl capsules, crushed in the handkerchief and inhaled, are extremely useful. They should be carried by those subject to this affection and used when necessary.

Nitro-glycerine, which can be procured in pill form, is a standard remedy. A *mustard plaster* over the heart will often relieve.

APOPLEXY.

Apoplexy, or “A stroke,” as it is sometimes called, is a disease of the aged, but those young in years occasionally have it.

CAUSE.—While it is possible for other causes to produce it, most cases of the disease are the result of hemorrhage within the cavity of the skull, causing pressure on the substance of the brain.

The brain may become so congested that symptoms of apoplexy

may appear without any real hemorrhage. With advancing years the walls of the blood-vessels of the brain become brittle and liable to rupture. It is one of the most common causes of death in persons over fifty years of age. Stout, short-necked people, who live sumptuously, are most liable to this disease.

SYMPTOMS.—It is sometimes preceded by headache, vertigo, giddiness, disturbed hearing and sight, but, as a rule, there is nothing to cause one to suspect an attack.

There is sudden total loss of consciousness, the patient falls in a stupor, breathes heavily, the lips and cheeks flapping with each breath. The pulse is slow and full. If consciousness returns there is numbness and inability to move a part of the body, generally more decided on the left side. If the face is paralyzed the cheek is apt to be bitten in chewing food. The mind is often impaired. Recovery is sometimes rapid, but more often very slow.

TREATMENT.—The treatment of apoplexy belongs pre-eminently to the physician. No time should be lost in securing his services, and his directions should be carefully followed.

Bleeding is often resorted to, especially in robust persons. *Mustard plasters* to the limbs and back are required. *Purgatives* are necessary. The head should be kept elevated, and if it be hot and the temples throbbing, *cold cloths* should be applied and renewed as soon as they become warm. If the hair is thick, it should be cut short. Hot water bottles and mustard plasters should be freely used about the feet and legs. The object of this treatment is to direct the blood from the brain to other parts of the body. *Do not give stimulants.*

Those who are liable to apoplexy should avoid excitement and violent exercise of both body and mind, eat moderately, and forego stimulants entirely.

APPENDICITIS.

APPENDICITIS consists of *Inflammation of the Vermiform Appendix*, an appendage attached to the large bowel in the lower, right side of the abdomen.

It may be chronic and consist of a local catarrhal condition; it

may occur in mild recurring attacks with little or no symptoms between, or it may occur in sudden inflammation or ulceration attended by severe pain, perhaps nausea and vomiting, rapid pulse, and more or less fever. While the pain may be diffused there is local tenderness in the right lower abdomen midway between the navel and the prominent bone of the hip. The patient instinctively draws up the legs in bed to relax the muscles of the abdomen. It may begin suddenly or very slowly, it may be mild or violent; it may last a few hours or many days. In advancing, serious cases there may be chills, rapid feeble pulse, swollen and drum-like belly, cold sweats and coldness and blueness of hands and feet. It is most common in persons between ten and thirty.

TREATMENT.—The treatment of appendicitis belongs to the physician and surgeon. In mild cases, especially of the recurrent form, absolute rest in bed, an ice bag to the part, total abstinence from food and warm injection may be all that is necessary. Sometimes a dose of epsom salts or citrate of magnesia is admissible.

The more serious cases may be divided into two classes: 1. Those which threaten life and require immediate action. 2. Those which do not threaten life. The first class, as a rule, requires an operation as soon as possible, and the best available surgical skill should be secured without delay. An experienced surgeon is always to be preferred, but delay is not wise in the worst cases. When life is not in peril it is, as a rule, best to treat the attack without operating, and when the patient has recovered have the appendix removed if future attacks are likely. The death rate when done during attacks is quite considerable, while it is almost nil when performed in the interim. Perhaps more interest, study and skill have been accorded to the operation for appendicitis than any other surgical disease. Hundreds of lives are annually saved and the death rate where perforation of the bowel has not taken place is exceedingly small. The surprising fact is, that until about 25 years ago no operation of this kind had been performed and the word appendicitis had not even been thought of. I believe that more people, than usually supposed, have chronic catarrhal or congested conditions in the region of the appendix, due to indigestion, constipation and flatulence, and suffer more or less pain and tenderness of the parts, and which

goes on indefinitely without any effect upon the general health. Therefore people should not get frightened at mild pain in this region. Persons subject to mild attacks can do much to prevent them by attention to the diet, moderate living and careful regulation of the bowels.

ASTHMA.

Asthma is characterized by a spasmodic difficulty of breathing, recurring at irregular intervals. It is a disease of the bronchial tubes, and the nervous system takes an active part in the peculiar phenomena which its symptoms exhibit.

CAUSE.—The causes of asthma are various. Some persons inherit a predisposition to it, others contract it without any apparent reason; a few persons seem to have it only on certain occasions, as when in the presence of feathers, horses, ipecac, or during a fit of indigestion.

About as definite a statement as we have of the causes of asthma is that of the medical teacher who said: "All asthmatics have asthma, and they have it because they have it." Many of the anomalies of medicine are furnished in connection with this disease. The cause is sometimes exceedingly obscure.

SYMPTOMS.—Suddenly, and without apparent reason, the patient finds great difficulty in breathing. The face is fixed, the countenance anxious and often alarming. Fresh air is sought, and there is a struggle for breath. The *wheezing*, however, is the most characteristic symptom. Those who experience or witness a paroxysm of asthma, for the first time, cannot but feel alarmed, the agony of the patient is so intense. A paroxysm may last but a few moments, a few hours, or it may be almost continuous for years. The only amelioration in some cases is a threatening subjection of the symptoms for the time being.

TREATMENT.—In considering the treatment of asthma it should be borne in mind that medicine cures very few cases. A change of climate, or avoiding the exciting cause, when such is known, may keep it in subjection for any length of time, but the asthmatic tendencies remain, and will assert themselves when the exciting causes are encountered. It has been well said that "Asthma never kills anybody and the patient never gets well."

This assertion is not far from true. There are a great many "asthma cures" on the market, but after selling many of them for years, I am thoroughly convinced that the genuine cures are exceedingly rare. I cannot recall a single instance where relief was more than temporary. I have in mind now a gentleman who has been buying a certain asthma cure at my store for seven or eight years, and he has the disease as badly now as when he began to take the medicine; yet he believes that it is an extraordinary remedy, and some time ago wrote a "testimonial" praising the curative powers of the article. It simply gives temporary relief, that is all.

The treatment may be divided into three divisions:—

1. Of the disease.
2. Of the paroxysm.
3. Preventive.

(1) I know of no medicine which is curative of asthma. When it seems to be a symptom of some morbid condition of the system the treatment is made plain. Sometimes, especially in rheumatic and gouty subjects, *iodide of potash* is very beneficial. Each individual asthmatic should carefully study his own case, and, if possible, ascertain upon what his malady depends. Having done this, immunity from it lies in avoiding the exciting cause at all times.

(2) The treatment of the paroxysm requires active measures. The most satisfactory treatment has been by *fumigation*.

There is no danger of the patient dying from a paroxysm of asthma, so do not get alarmed.

The following fumigator, which I have compounded and sold for years, has served an excellent purpose in my hands. Any druggist can prepare it:—

A—114.

Belladonna leaves,	2 ounces.
Stramonium leaves,	2 ounces.
Lobelia herb,	2 ounces.
Saltpetre,	2 ounces.

Mix and grind in a mill or mortar until it is a coarse powder. It is to be burned and the smoke inhaled during asthmatic paroxysm.

BERI-BERI

Beri-beri or "*Weak Legs*" is an infectious disease occurring in epidemics, on ships, in prisons, armies and crowded unsanitary cities, especially in damp warm climates. A diet of polished rice is said to promote it, and it is most common among young male adults.

SYMPTOMS.—It involves both nerves and muscular tissues. Fever, muscular wasting and weakness, nerve tenderness, pain, disturbed stomach, palpitation and dropsy.

TREATMENT.—A change of location, enforced sanitary measures, nutritious but not bulky diet—eggs, milk, beans, wheat bread and meats in moderation. Medical treatment as symptoms indicate. Bed rooms as far from ground as possible is advised. *Watercress* is said to have a curative effect.

BEDSORES.

Bedsore are the result of long-continued pressure to a part, especially when the vitality is impaired. They are generally found on projecting parts of the body during long confinement in bed, as in typhoid fever, injuries, paralysis, etc. They develop sometimes with great rapidity, and are always serious complications.

They should be anticipated during long-continued confinement in bed, and, if possible, prevented. The bed-clothes should be kept free from wrinkles, the patient kept dry, and his position changed as frequently as practicable. The prominent portions of the body should be washed with *alcohol*, *bay rum*, *whiskey*, a strong solution of *alum*, *tannic acid*, or painted over with *tincture of iodine*, diluted with two or three times as much *alcohol*. Any of these should be used two or three times a day, the parts thoroughly dried and dusted with *starch* or powdered *oxide of zinc*.

A piece of *adhesive plaster* was formerly applied over a threatening bed sore, but it is so apt to wrinkle that it may do more harm

than good. If a sore seems inevitable, a *ring air-cushion* should be placed under the patient, or some other device be used to protect the parts from contact.

The following is an excellent application :—

A—116.

Powdered alum,	$\frac{1}{2}$ ounce
Whites of four eggs,	
Spirits of camphor,	2 ounces.

Thoroughly mix and apply.

When the sore is broken, the skill of the physician is often baffled. Air-dried linen, unstarched and unironed, is softer than that which has been laundried. *Powdered bismuth* is a good application to bedsores.

BILIOUSNESS.

There is a characteristic and disordered condition which advertising medicine men have so often described under the name of "biliousness," that the laity, at least, recognize it as a distinct disease. Most every one has experienced it, and it consists of a peculiar attack of indigestion or *Acute Dyspepsia*.

CAUSE.—Over-eating, eating at improper hours, especially at night; eating indigestible food; constipation, disturbed mind, malaria, cold, etc. Some persons are constitutionally bilious.

SYMPTOMS.—Dull headache, confusion of mind, indisposition to move, "*that tired feeling*," arms and legs feel heavy, tongue furred, water brash, a bad taste in the mouth, and sometimes the mouth is dry; occasional belching of sour bile, pain in shoulders, slow pulse, sleepiness, stupidity, eyes yellow and dull, hands yellowish red, mottled, and cold; press the back of the patient's hand with the fingers and a yellow outline will result; feet cold and damp, bowels constipated, temper irritable; the patient is apt to have the "blues," and business affairs are apt to be viewed inauspiciously.

TREATMENT.—Nine cases out of ten are due to indiscretion in diet; much can be done, therefore, by those who are prone to biliousness, by carefully studying their own case and foregoing those things which are known to disagree with the digestion.

We know it is difficult to curb the appetite, but those who are subject to sore throat, headache, or colic, use precautions, and why should not the bilious? The best treatment consists of taking a saline laxative—a *seidlitz powder* or *citrate of magnesia*—at the approach of the first symptoms. This will often dispel the attack at once.

Fasting for a day or longer and drinking water freely is an excellent plan to adopt. While this is exceedingly practical treatment, I am aware that but few persons will submit to it. Immediate relief is sought, and strong cathartics, such as *compound cathartic pills*, *calomel*, and *blue mass* are too often taken. One grain of *calomel*, followed in a few hours by a *seidlitz powder*, will often act like magic. If *blue mass* is chosen, from three to five grains should be taken. If there is sick headache in connection with the complaint, or nausea and vomiting, forty grains of *powdered ipecac* and free draughts of warm water will, by emptying the stomach, often bring quick relief. Avoid all preparations of *opium*, *morphia*, and *caffeine* for the headache of biliousness.

After the acute symptoms have subsided the diet should be plain and rather light, the bowels should be regulated, and an occasional *compound cathartic pill* taken at bed-time will prove a preventive. Laxative mineral waters, such as Hunyadi, are highly beneficial, and acid fruits, especially if eaten before breakfast, are decidedly "anti-bilious." A teaspoonful of *phosphate of soda*, taken every morning in a glass of warm water, will be found extremely useful where there is a tendency to constipation.

Two drops of *tincture of nux vomica*, three times a day, is often very appropriate.

BLACK HEADS.

The small black points occurring on the faces of young people are not worms, as some suppose, but accumulations which form in the pores of the skin. The outer surface turns dark from contact with the air, and when pressed out they resemble small worms very much. Their presence evidences a disordered condition of the secretions, and an improvement of the general health by regulating the diet, the use of mild laxatives, and special

attention to the action of the skin, will usually cause them to disappear.

The parts may be covered with the following ointment at night, and in old standing cases during the day also. After several days the comedones or black heads can be easily expressed, most of them coming out on washing the parts with pumice stone soap:—

A—118.

China clay or kaolin,	4 drachms
Glycerine,	3 drachms
Acetic acid,	2 drachms.
Perfume to please.	

Or the following may be applied twice a day:—

B—118.

Ether,	1 fluidounce
Carbonate of ammonia,	20 grains
Water to make	2 fluidounces.

Or—

C—118.

Dilute alcohol,	1 ounce
Resorcin,	5 grains
Salicylic acid,	25 grains.

Mix.—Apply every night with a sponge.

DISEASES OF THE BLADDER.

INFLAMMATION OF THE BLADDER.

This disease, also known as *Cystitis*, may be acute or chronic.

CAUSE.—External injuries, the presence of gravel or stone, venereal disease of the genital organs, irritating medicines, or improper injections.

SYMPTOMS.—Pain and tenderness in and over the region of the bladder, a constant inclination to pass water, and a feeling as if a desire to force out the contents of the bladder; a scalding sensation. There may be fever, intermittent with chilly sensations.

If the disease is severe, nausea, vomiting, cold sweats, and delirium may supervene. The urine is apt to be offensive and mixed with pus and blood.

The chronic form of the disease is attended with similar, but less severe, symptoms. The pain and suffering is often intense.

TREATMENT.—*Absolute rest* in bed is imperative. Local *blood-letting*, either by *leeches* or *cups*. A *cathartic* of *castor oil*, *warm hip baths*, or *fomentations*, and large draughts of *flaxseed tea* are all to be used.

Suppositories containing *opium* and *belladonna* afford marked relief. *Laudanum* may be used in enema in their stead.

Chronic Inflammation of the Bladder calls for the free use of demulcent drinks, such as *flaxseed* and *elm-bark tea*, *gum Arabic*, and *barley water*. *Mild diuretics*, such as *buchu*, *pipsissewa*, *uva ursi*, *sweet spirits of nitre*, *tincture of iron*, or, what is better, *Basham's mixture*, are all useful. The urine should be kept neutral by the use of proper alkalies, the best of which is *bicarbonate of soda*. The food, both as regards eating and drinking, should be entirely non-stimulating.

Injections into the bladder should never be undertaken except by a physician. I know that friendly and quack interference sometimes makes such a venture, but it is an extremely hazardous procedure.

CATARRH OF AND IRRITATION OF THE BLADDER.

The lining membrane of the bladder and of the urethra is occasionally the seat of a chronic catarrhal condition; it is more often, however, the seat of an over-sensitive nervous condition which provokes irritation. People often become hyper-sensitive, and imagine they have urinary troubles when such do not exist. When the bowels vary in their action from a normal standard it occasions no alarm, but if the attention is, by the most trivial symptom, directed to the urinary apparatus there is a tendency to attach importance to the difficulty. Few men are so healthy but that, if they become concerned in regard to these organs, they will notice the least deposit, the least off color, the most trifling sensation, or a noticeable change in quantity, when perhaps such is only a legitimate condition, dependent upon diet, exercise, and the action of the skin. There are persons who seem to have a chronic, morbid oversight of the discharge of urine, and who are

continually taking medicines which act on the kidneys. Men who in early life were victims of venereal poison are in after years apt to regard any discrepancies of these organs with special apprehensions. The quack thrives on such victims. The advertisements in regard to this subject, which flood the country, plainly show that such individuals are in a state of mind burdened with concern. Since morning, a pamphlet has come into my hands of an advertising charlatan, and it is astonishing how he weaves the strands of his net out of the sins of mankind, and through its meshes holds out the bait, veneered with promises, hope, and goody-goody quotations.

These cases of irritation are attended with a frequent desire to urinate, the act being attended with more or less irritation, which is specially noticeable at the completion of the flow.

TREATMENT.—*Water* should be freely drank. *Mucilaginous drinks* are quite palliative. If there is anæmia or debility, *tincture of iron* or *Basham's mixture* will benefit. *Infusion uva ursi*, *buchu*, *cough grass*, and *hydrangea* are all recommended and often afford happy results. *Balsam copaiba* and *turpentine*, in small doses, are standard remedies.

Eucalyptus oil, three drops on sugar three or four times a day, is one of the best things that can be used. The urine should not be allowed to become too strongly acid or alkali. Best of all—dismiss the subject from the mind and live a pure, temperate life.

STONE IN THE BLADDER.

This occurrence, called by the profession "Urinary Calculi," is not frequent in this country, being much more prevalent in certain parts of Europe.

CAUSE.—Climate, habits, food, drink, occupation, age, and various diseases and malformations of the bladder, all may favor the growth of stone. When a sufficient number of cases are tabulated, all these things, in a more or less definite way, seem to exercise an influence. It is most common in those under twenty or over fifty years of age.

It occurs sometimes in very young children, a circumstance unlooked for, yet more than one-half of the cases are among per-

sons less than twenty years of age. Children have been known to have calculi at the time of birth. Between the ages of twenty and fifty it seldom occurs. Gout and rheumatism, of the inherited sorts, seem to favor it.

SYMPTOMS.—Pain in making water, especially when the last few drops are being voided, a sense of uneasiness in the parts, frequent desire to urinate, pain and itching along the urinary tract; and the urine is often bloody. A sudden stoppage of the urine during its flow is a very significant symptom. When occurring in children the general health, as a rule, suffers but little, but later in life it usually impairs the health, and if relief is not afforded a general breaking down of the system may be expected. An exploration by a physician is the only infallible test.

TREATMENT.—The removal of stone in the bladder by a surgical operation is always advisable. No operation in surgery has reached a greater degree of perfection than *lithotomy*, or removing stone in the bladder. When death follows the operation it is generally due to the fact that the stone has been allowed to remain so long that the irritation has caused such thickening, contraction, and destruction to the tissues of the bladder, that this organ fails to continue its function and admit of repair.

Much can be done to secure comfort by confining the diet to *plain, wholesome, non-irritating food*. Alcoholic liquors, coffee, acid fruits, and pastries are to be eschewed. Only *moderate exercise* should be taken, *warm woolen clothing* should be worn, and all drinking water should be discarded, except *pure soft water*, which should be freely drank. The urine should not be allowed to become very acid nor strongly alkaline, but kept as near neutral as possible. When the urine is too acid, it is usually rendered less acid or neutral by the use of *bicarbonate of soda*, and when it is alkaline it is rendered acid by the use of some *mineral acid*. When there is special irritation, with rank, high-colored urine, twenty grains of *soda* in a cup of *hop tea*, taken about one hour after meals, will be found very soothing. If there is no pain, *buchu*, *uva ursi*, or *pipissisewa* may be used instead of the hops.

Various mineral waters are lauded as solvents of stone, and some of them are, no doubt, useful; more, however, as a pre-

ventive than as a cure. The *Buffalo Lithia* and the imported *Vichy*, *Friedrichshall*, and *Carlsbad* are perhaps the best. Fluid extract of *hydrangea*, one teaspoonful in a glass of warm water, three or four times a day, possesses a reputation as a remedy for stone in the bladder.

It must not be forgotten that there are *several varieties of stone*, consisting of different chemical composition, due to different influences, and, of course, calling for widely different lines of treatment from the physician. To ascertain beyond a doubt that a stone exists, to measure its dimensions, analyze its chemical make-up, and prescribe the proper solvents, if it be susceptible to such treatment, or, if not, to secure such surgical aid as will bring a happy delivery and complete recovery, and so advise that future formations will not occur, is a well-wrought function of medical science, and the physician who will intelligently and earnestly carry it out is a philanthropist and should be appreciated. Such practice calls for loyal and faithful obedience to well-defined hygienic and medical directions. *One physician must do it.* The man who migrates from one doctor to another will only become worn out and drift beyond the point of repair. As before intimated, there is a number of varieties of these formations, which are named according to their chemical composition or appearance.

The *uric acid* calculi are the most common form. They are somewhat rough, often quite large, and are usually formed in urine that is distinctly acid in its nature.

The *mulberry* or *oxalate of lime* is next in frequency, and especially is this true in regard to children. These vary much in size, shape, and color. Sometimes they are very rough, and as they begin their formation in the kidneys, the passage of the small, rough particles from the kidney to the bladder gives rise to renal colic of an intense and agonizing sort.

Phosphatic calculi come next in order, and there are three divisions of this variety, differing somewhat in their chemical base.

Phosphatic deposits originate chiefly in the bladder and are the result of catarrhal conditions of the organ, ammoniacal urine, etc. They are perhaps the most apt of any to yield to the influence of solvents.

Those who are afflicted with stone in the bladder should lose no time experimenting with quacks, who will request a sample of urine and submit a lot of questions to be answered. They do this to interest the patient, not themselves. I would advise all who can so arrange to go to some reliable hospital, submit to an operation, and remain there until convalescence is complete. It is not a dangerous operation when performed in the early stages of the disease, and recovery is always to be looked for. The late Professor Gross operated on over eighty children with this affection, and only one operation proved fatal. In adults the mortality is somewhat greater. The longer the operation is postponed the more serious does it become.

THE BLOOD.

"The life of the flesh is the blood," said the Hebrew Lawgiver, and physiologists have fully demonstrated the truth of his words. The blood contains all the elements, both proximate and ultimate, of the human body. Its office is to convey to the tissues the nutriment which supports life, and to convey from the tissues to the excretory organs the waste and effete material as it accumulates from the wear and tear of the processes essential to life.

At the present day the laity, through the medium of advertisements, have the subject of the blood brought prominently to their notice. Almost every disease, according to the theory of the charlatan, has its origin in the blood. This is an attractive theory; indeed, the logic is, in the main, true; but there are many plausible theories which cannot be turned to real, practical account, and the theory that impure blood is the cause of all disease is one of them. Take, for instance, the principal blood disease, anæmia, or poverty of the blood. It is not necessary that the blood should be impure; indeed, it may be of excellent quality, only there is not enough of it. Plethora is exactly the opposite of anæmia, and sometimes amounts to a disease; but the blood is not diseased, it is generally of exceptionally good quality. Even when some foreign substance is in the blood it shows that some part of the body is diseased, and the blood—the

function of which is to convey materials—is simply transporting the morbid material from one place to another, perhaps to some excretory organ to be eliminated from the body. In such processes the blood may retain its integrity. It is its office to carry such materials. The presence of morbid materials shows that there is disease somewhere; but to call such “blood diseases” is not correct. When a man has gout there is in the blood an excess of uric acid, in rheumatism perhaps an excess of lactic acid, in malaria an excess of pigment, in jaundice an excess of bile, in Bright’s disease an excess of urea, in diabetes an excess of sugar. These may all be classed as “blood diseases,” yet they are all characterized by phenomena which have special relation to the individual poison, and the treatment must always be varied according to the nature of the morbid product. When it is said that a person’s blood is “out of order,” or “impure,” the expression is extremely vague. A great deal, in fact the most, of the advertising about “impure blood” and “blood purifiers” is meaningless.

BOILS.

A boil is a hard, circumscribed, painful tumor, having its seat in the under texture of, and below, the skin. Its growth is gradual, becomes pointed, white or yellow, and when ripe discharges pus mixed with blood. It contains a core which is finally discharged, and the healing process begins, the inflammation and swelling subside, and a slightly indented scar remains.

CAUSE.—Boils are an indication of enfeebled health, impaired digestion, or derangement of the secretions. They are more apt to attack young people, and are most common on the face, nape of the neck, buttocks, and fingers.

TREATMENT.—Many things have been recommended to “back” boils, but I have very little faith in any remedy so far named. Painting the parts with *iodine*, *collodion*, or a solution of *nitrate of silver* (twenty grains to an ounce of water) all have their advocates. Freely applying *tincture of lobelia* is also lauded by some. *Hot water*, continuously applied, is said to dispel them if used early,

and the same statement applies to *turpentine*. A brisk purge will modify their force. A boil should be liberally poulticed and an early outlet of the contents made. *Laudanum* applied to the face of the poultice will lessen the pain. When thoroughly emptied of its contents, it should be dressed with vaseline or simple cerate. Should the healing process be slow, tonics and mild laxatives will prove beneficial.

A BLIND BOIL is deeper seated than the ordinary variety and much more indolent, but the treatment is practically the same; the object to be gained is to hasten and facilitate the discharge of its contents and promote the healing process.

Those who are subject to boils should endeavor to find out the cause, and whether it be the digestion, a scrofulous taint, an enfeebled constitution, or other morbid conditions, appropriate remedies should be administered. Some people think that it is a good sign to have boils, and that "every boil is worth five dollars" is a common expression, yet they are not always beneficial to the health.

Sulphide of calcium, dose one-fourth to one-half grain in pills, several times a day, has been much lauded for those subject to boils.

The *sulphurous mineral waters* are beneficial.

Quinine, *iron*, *arsenic*, and *cod-liver oil* are indicated for the weak and debilitated.

Iodide of potash seldom fails to benefit.

Phosphate of soda, one teaspoonful in a tumbler of water, two or three times a day, is excellent to purify the system against boils. "*Elixir Iodo-Bromide Calcium Compound*" is an effective blood purifier and alterative, and is recommended.

DISEASES OF THE BRAIN AND SPINAL CORD.

The brain and spinal cord are essentially one organ. Together they form the most highly organized, and if possible the most important portion of the human body. Their offices, functions and actions are all so important, numerous and complex that but few ailments exist without the brain or spinal cord, in some way, becoming involved in the derangement. The study of the brain

and the spinal cord in health and disease is so technical and comprehensive, that it has very properly become a special branch of medical research and practice. The brain is the seat of the mind, and is concerned in all mental derangements; yet the phenomena of the mind are so intricate that their study requires definite consideration and its derangements form still another branch of medical study. The brain also controls the nerves of the special senses, seeing, hearing, tasting, smelling, and those extremely complex divisions of the nervous system which are concerned in motion and sensation. Here also is the seat of life. Thought, memory, desire, hope, joy, ambition, love, sentiment, disappointment, discouragement, hate, anger, remorse, melancholy, and despair are all operations of the human mind.

Mental disturbances exert a marked influence on the bodily functions, and, in turn, the condition of the bodily health exercises a strong influence over the brain and nervous system, and every physician knows how these sympathies often aggravate and prolong disease. Simple pressure upon the brain tissues often gives rise to serious and alarming conditions; indeed, the pronounced and alarming symptoms of apoplexy, meningitis, congestion and many other diseases, are simply due to the pressure which takes place upon the brain substance. In the same manner tumors within the cavity of the skull sometimes cause epilepsy.

CONGESTION AND INFLAMMATION OF THE BRAIN AND SPINAL CORD AND OF THE MEMBRANES COVERING THEM—CEREBRAL MENINGITIS, SPINAL MENINGITIS AND CEREBRO-SPINAL MENINGITIS.

The brain and spinal cord are subject to congestion and inflammation, but not so frequently, however, as the membranes which envelop them. These coverings are called *meninges*, and when the covering of the brain alone is involved it is known as *cerebral meningitis*; when of the spinal cord, *spinal meningitis*, and when both are involved it constitutes what is called *cerebro-spinal meningitis*.

CAUSE.—These tissues may become the seat of inflammation at

any age, and may result from injuries to the skull, exposure to the sun's rays, great excitement, or the extension to the brain of inflammatory diseases, such as erysipelas, scarlet fever, carbuncles, inflammation of the ear, etc.

SYMPTOMS.—Headache, flushed face, congested eyes, heat of the head, disturbed mind, constipated bowels, nausea and vomiting, are among the symptoms which mark inflammation within the cavity of the skull. The patient is sensitive of light, nervous, and is easily disturbed by noises. The pulse is strong, full and rapid. In severe or advanced cases the headache is very violent, and the symptoms all become more severe, the pupils contract, but finally dilate, delirium is followed by stupor, the hearing and other senses are more or less blunted, the breathing is deep and sonorous. The urine is sometimes retained and must be drawn off, the countenance becomes sunken, the pulse becomes feeble and profound insensibility ensues. The disease may last only a few days, or it may be prolonged for several weeks.

Children are much more liable to brain complications, especially in the course of acute troubles during dentition, than adults. During acute diseases, especially bowel complaints, symptoms which indicate brain trouble should be carefully noted. If a sick child becomes feeble, listless, ceases to sit up, frequently raises the hands to the head, cries painfully, bores and rolls the head in the pillow, is irritated by noise or light, the eyes becoming red, the pupils contracted or dilated, the blood vessels of the head and neck throbbing, and there is drowsiness and inability to sleep, or only part of these symptoms, the physician should at once be notified, as it indicates that there is more or less inflammation of the brain, and it needs prompt attention.

Congestion or inflammation of the spinal cord, or more often of its membranes, gives rise to a great variety of symptoms, affecting motion, sensation and nutrition. Sometimes these conditions are chronic in their nature, and are influenced largely by the state of the general health and atmospheric changes. When the posterior portion of the cord is affected, the nerves of sensation are deranged, and where the disease is confined to the

anterior portion of the cord, the nerves of motion are more or less implicated.

TREATMENT.—The management of brain and spinal affections of every sort belongs to the province of the educated physician alone. When inflammatory action is going on, it should be remembered that it is attended with a corresponding rise in the temperature and increase of the blood supply of the brain. The object of treatment should be to reduce the heat, and drive the blood supply elsewhere. The best means at hand are to apply cold to the head and heat to the extremities. If the head is very hot, thin cloths should be dipped in ice-water and applied to the head, and renewed as necessary.

It is a good plan to cut the hair close or shave the head. This not only relieves the head, but the future growth of the hair will be benefited thereby. At the same time heat or counter-irritation, such as mustard plasters to the feet and limbs, will aid in relieving the head. Local blood-letting should be encouraged. Purgatives are almost indispensable in brain diseases of this kind. The food should be liquid and non-stimulating. *Bromide of potash* relieves the blood pressure of the brain, and fluid extract of *ergot*, by contracting the blood vessels, also lessens the blood supply.

The patient should be placed in a dark room and have absolute rest and quiet in bed. Blisters are to be resorted to when other means fail. No time should be lost in securing the services of a physician in all brain affections.

EPIDEMIC CEREBRO-SPINAL MENINGITIS

An infectious communicative disease involving the membranes and deeper structures of the brain and spinal cord. It is due to the presence of micro-organisms and occurs in epidemics. Unsanitary conditions and impaired vitality promote its spread. It is most prevalent in temperate or northern climates and most common among children and young adults.

SYMPTOMS.—It often rapidly develops, and death may follow a short period of lassitude, pains in the head, spine, muscles and

joints, nausea, delirium, sometimes convulsions and extremely high temperature. The patient is often extremely sensitive to light and noise. Recovery is generally slow.

TREATMENT.—Isolation in quiet, darkened room, disinfecting all expectoration and discharges, including the urine. Generous diet, milk, eggs, toast, rice, etc. Stimulants are sometimes indicated, also ice bags to the head and spine. The directions of the attending physician should be strictly followed. Convalescence should be promoted by the use of iron, cod-liver oil and other tonics and the most favorable hygienic measures.

Like all diseases occurring in epidemics the utmost care should be exercised to prevent its spread, especially in thickly settled localities. Timely and well-ordered co-operation between the people and Boards of Health can usually confine such diseases to very narrow limits.

SOFTENING OF THE BRAIN.

This is a term often used but seldom understood by the people. Indeed, I believe the profession would drop it as a special disease were it not for its applied significance in popular vernacular. There is, however, a softening of the brain and the term may be correctly applied, but the *softening* of common language embraces a variety of brain and mental derangements largely referable to the condition of the mind.

SYMPTOMS.—Popularly it refers to failure of the memory, loss of the powers of concentration, mental depression and deterioration, slight insanity, dementia, the mental decrepitude of the aged, etc. These symptoms may also accompany hardening of the brain, *sclerosis*, or other changes in its tissues, anæmia, growths within the skull, or mental derangements of a functional character.

TREATMENT.—Nothing can be done for genuine softening, but much can be done to remove what is often called such. When a person shows signs of mental impairment, an intelligent co-operation with professional advice will often bring order and reason out of what might otherwise be worse than chaos.

BAD BREATH.

There are few subjects of greater importance than the breath. To have a bad breath is indeed a great misfortune. Thousands of persons who would make engaging companions are rendered almost intolerable by their offensive breath. It sometimes estranges lovers and robs conjugal life of much of its happiness. It is the duty and privilege of every one to have a sweet breath. Persons are low in the scale of social ethics who are willing to poison the atmosphere and disgust those with whom they associate by neglecting the care of the breath.

CAUSE.—Bad breath may result from the condition of the lungs, the stomach, the teeth, the nose, or the throat. When the lungs are the seat of the trouble, the breath has a sweetish, sickening odor; when from the stomach, it somewhat resembles rotten eggs; when from the teeth, it is putrid, like decaying flesh; when from the nose, it is rank and sickening. The odor of tobacco is well known. Sometimes people seem to have a bad breath constitutionally, and some cases are extremely offensive and difficult to cure.

TREATMENT.—It is not improper to consult the family physician in regard to a bad breath. If he can tell whence it comes and what will remedy it, he is a philanthropist and should be well paid. If it is from the lungs, but little can be done. Inhalations of creosote; cachous, or such remedies as a physician will suggest, often prove efficacious.

If caused by the teeth, a dentist should be consulted and the teeth cleansed, filled or extracted, and the gums and mouth kept scrupulously clean. When the stomach is at fault, the diet should be restricted, the bowels regulated, and a watchful oversight kept of the general health. If catarrh or ozæna is the cause, it will require skill, patience, and industry to overcome it. But it can be done, so do not be discouraged.

A—130.—MOUTH WASH FOR BAD BREATH.

Permanganate of potash,	12 grains
Rose water,	2 ounces
Water,	6 ounces.

The above used as a mouth wash two or three times a day will generally be found useful. The following also is an excellent

A—131.—MOUTH WASH.

Chlorate of potash,	$\frac{1}{2}$ ounce
Rose water,	2 ounces
Water,	6 ounces.

Mix.—Use three times daily.

Chlorate of potash tablets are very cleansing and purifying to the mouth, gums, and teeth, and often relieve offensive breath better than anything else. The use of the nasal douche is often required when the nasal cavity is diseased. The following mixture will be found useful in arresting the odor when due to ozæna or offensive catarrh:—

B—131.—NASAL DOUCHE SOLUTION.

Borax,	$\frac{1}{2}$ ounce
Common salt,	$\frac{1}{2}$ ounce
Potassium permanganate,	$\frac{1}{4}$ ounce
Water,	$\frac{1}{2}$ pint.

Mix and dissolve.

One tablespoonful of this mixture in a pint of tepid water should be used once or twice a day as a douche.

The catarrh must be cured, however, before any permanent benefit can be expected.

Charcoal when taken into the stomach acts as a powerful corrective, and lozenges made of it are very useful when the odor is due to derangement of that organ. A draught containing twenty grains of *bisulphite of soda*, drank twice daily, will serve a good purpose.

Perhaps the most offensive breath is the result of the use of tobacco. When tobacco is used to excess the breath becomes exceedingly vile, especially to those not accustomed to the weed. There is but one remedy: Stop using the tobacco.

The following will be found a desirable—

C—131.—MOUTH WASH.

Thymol,	8 grains
Borax,	15 grains
Distilled water,	1 pint.

Mix.—Rinse the mouth frequently,

BRIGHT'S DISEASE. (Acute and Chronic.)

This disease, so named because it was first described by Dr. Bright, an eminent London physician, is attended with certain structural changes in the kidneys—a breaking down of the tissue.

CAUSE.—Exposure to cold and dampness, intemperance, and malaria; it is not infrequently a sequel to scarlet fever.

The acute form is more frequent in young persons, while the chronic form is largely confined to middle and advanced life.

SYMPTOMS.—There is in this disease a change in the composition of the urine. While it may not change so very much in appearance, it is surcharged with albumin. This is characteristic of the disease, and it is detected by boiling the urine in a test-tube, when the albumin will coagulate. Sometimes it is present in great quantities. Dropsy is apt to be present.

ACUTE BRIGHT'S DISEASE often begins with a chill, sick stomach, pains in the head, back, and limbs; the breathing is disturbed and the skin dry. There is more or less fever, the urine becomes very scant, and the small amount passed is dark in color, due to the presence of blood. There is frequent desire to void the urine.

The disease lasts one, two, or three weeks, and terminates in one of three ways: in recovery, death, or the disease drifts into the chronic form.

CHRONIC BRIGHT'S DISEASE may follow as a continuation of the acute form, or it may develop in a very occult and insidious manner, without being noticed until it has become well established.

SYMPTOMS.—There is apt to be general dropsy, dryness of the skin, pale face, shortness of breath, dyspepsia, anæmia, frequent attempts to urinate; the urine may be scant or profuse. The strength is impaired and fatigue is easily induced. Albumin in the urine, as in the acute form, is characteristic of the disease. Bright's disease is considered almost incurable after it has existed for any length of time. It has an almost resistless tendency to progress and finally to destroy life.

TREATMENT.—The *action of the skin* should be carefully utilized in the treatment of this disease; it should be promoted, and at no time should the perspiration be checked. Woolen clothing should be worn, and exposure to atmospheric changes avoided. *The feet* should be well protected with yarn stockings and thick-soled shoes. Friction to the skin and warm baths followed by friction are often of great benefit. Cold baths, especially sea bathing, should be avoided. *Occupations which require exposure or induce fatigue* should be abandoned. It is said that those afflicted with kidney diseases should live in warm climates free from great atmospheric changes. There are good reasons for this, since when the atmosphere is mild and warm the skin acts much more freely, leaving much less work for the kidneys to perform. Violent exercise, intemperate habits, excesses of all kinds, constipation, and dyspepsia should all be guarded against. Acute diseases are apt to prove serious to a person with this affection, and all disorders, even such as are under ordinary circumstances trifling, should be carefully attended to.

Milk is pre-eminently the food in this disease. By this is meant milk almost exclusively, and plenty of it. Medicines can do but little good.

In the acute form of the disease, as when it follows scarlet fever, the physician will often prescribe active remedies, such as *digitalis*, *squills*, *calomel*, *sweet spirits of nitre*, *spirits of mindererus*, *cream of tartar*, and other active diuretics, and their action to be favored by free draughts of water. One drop doses of *turpentine* have been recommended. Do not be deceived by patent medicine advertisements. One of the chief things to be avoided is the reading of the endless array of advertisements of kidney medicines. There is an almost endless number of "kidney cures" on the market, and it is always an unfortunate matter for the afflicted to become infatuated with such literature as is used to sell such goods. The invariable object of such advertisements is to prove that doctors cannot cure this disease, but that the secret articles are almost infallible specifics. Such, however, is not the case; there are no medicines capable of restoring the changes in the kidneys wrought by this affection. *By proper*

care, temperate habits, and avoiding exposure it is possible to live to a good old age, and as little medicine should be swallowed as possible.

BRONCHITIS.

Bronchitis, or "Cold on the Chest," as it is commonly called, is an acute or chronic inflammation of the lining membrane of the bronchial tubes, embracing the "windpipe" and its branches ending in the lungs.

CAUSE.—Exposure to cold and dampness, getting the feet wet, draughts of cold air, or anything which depresses the secretions or functions of the body.

SYMPTOMS.—General depression, followed by fever, tightness, and soreness of the chest; cough at first tight and dry, but as the disease progresses it becomes loose. The expectoration, as a rule, is white and frothy, but in severe cases it is heavy and mixed with pus. Acute bronchitis with the very young or the very old is a very serious disease. When the smaller tubes near the lungs are involved, marked by difficulty of breathing, the gravity of the disease is greatly increased.

TREATMENT.—A full dose of *quinine*, six to ten grains, if taken soon enough, will often cut short an attack. At bed-time drink freely of *hot lemonade* or *ginger tea*, and take ten grains of *Dover's powder*. Profuse perspiration will follow, leaving the system somewhat debilitated, but the cold broken up. The bowels should be regulated. Take ten grains of *quinine* daily for a few days, and if the disease is exhausting a liberal diet must be given.

A free purge, such as *castor oil* or *citrate of magnesia*, should be taken. If there is fever with dry cough, *tincture of aconite* (two drops every hour) and *syrup of ipecac* or *wine of antimony* should be given. *Flaxseed tea* may be liberally drunk.

A large *mustard plaster* placed over the chest, or *turpentine* or any good *liniment* rubbed over the chest, will often be of great benefit.

If the cough is very troublesome, *Cox's Hive Syrup* may be given, and to each dose a small amount of *paregoric* may be added at night to quiet the cough.

Stokes' Expectorant (N. F.), which can be prepared by any druggist, will be found extremely useful for the cough of bronchitis. *Dose*, one teaspoonful every three or four hours.

Quinine is always beneficial, of which a two-grain pill may be taken three times a day. *Beef tea* is an excellent stimulating food and may be freely drank. *Poultices*, especially for children, are of great value.

Persons subject to attacks of bronchitis should wear *woolen clothes*, both winter and summer, live well and endeavor to build up the system. The *feet* should be kept *dry* and *well protected*. *Cod-liver oil*, *iron*, and other *tonics*, are sometimes required.

CHRONIC BRONCHITIS.

Chronic bronchitis of a mild form is a very common complaint, and consists of a catarrhal condition of the membrane of the bronchial tubes; a constant irritation, and a disposition to acute attacks. Many persons are subject to such attacks, without any noticeable signs of the affection between them.

CAUSE.—Neglected acute attacks; inherited tendency to the disease; working among irritating substances; or it may be the result of nasal catarrh, or disease of the lungs.

SYMPTOMS.—Cough, sometimes tight and sometimes loose, with more or less expectoration, pain in the chest, especially under the breast bone. There is no fever or but little; the general health is but little impaired. Occasionally persons become emaciated, as in consumption. Persons so afflicted are generally in constant dread, fearing consumption, or that this disease may be its forerunner.

TREATMENT.—*Good, warm, woolen clothing* is of great importance, in this disease. Much of the bronchitis of modern times is, no doubt, the result of improper or insufficient clothing. The *food* should be *liberal*. Real good livers seldom have bronchitis. Medical treatment should depend upon the *cause* of the disease. If the patient is scrofulous, anæmic, dyspeptic, or has a torpid liver, the removal of these conditions will often cause the bronchitis to vanish. *Iodide of ammonia*, five grains three times a

day, is an excellent remedy; the *syrup of iodide of iron* is more adapted to children.

Or

Cod-liver oil, where general debility is present.

Or

Chloride of ammonia, when there is a general catarrhal condition with tenacious expectoration.

Or

Syrup of tar or *wine of tar*, when associated with dyspepsia.

Or

Oil of eucalyptus, when associated with nasal catarrh.

Inhalations of *creosote*, *carbolic acid*, *oil of eucalyptus*, *tar*, and *muriate of ammonia*, are all more or less beneficial. Apparatus can be found in most every drug store suited for their application. The most simple ones should always be selected. *Counter-irritation* will relieve pain and soreness, and modify secretions. *Painting the chest with iodine*; the application of *mustard plasters*, *belladonna*, and *capsicum porous plasters*, will all be found more or less useful.

BRUISES.

A Bruise or *Contusion* is a flesh wound where no bone is broken and the skin not severed.

CAUSE.—External blows, falling from a distance, being run over by wheels or stepped upon by animals, or any force which destroys the integrity of the parts.

TREATMENT.—*Cold applications* and *rest of the parts* are the indications. *Alcohol* diluted with 6 parts of water, *Extract of Witch Hazel* or *Tincture of Arnica* diluted with three or four parts of water.

The discoloration remaining after the other symptoms of a bruise have subsided should be treated by the application of *tincture of arnica*, *camphor* or *soap liniment*.

Bruises of the hands, fingers and toes are often very painful, and *anodyne* applications are called for. Such cases are benefited by the application of *laudanum*, properly diluted, or if there be fever of the parts *lead water* and *laudanum* are to be preferred.

Vinegar, salt and water, solution of *muriate of ammonia*, are all useful applications to a bruise.

BUNIONS.

Bunions are hard, tender swellings or deformities, generally found on the joint of the big toe, next to the foot. The contour of the toe is distorted, and the prominence of the bunion makes the wearing of a well-shaped shoe almost impossible. Wearing tight, short, high-heeled, and badly fitting shoes is the main cause, but I am convinced that stockings which contract at the tips, thus drawing the ends of the toes together, may induce the formation of bunions. The predisposition to the affection is much more often inherited than is generally supposed. The little toe and the instep are sometimes the seat of bunions.

TREATMENT.—The very best treatment is prevention. This can always be easily accomplished by wearing well-fitting, low-heeled shoes. The great trouble with people in treating bunions is that about all that is done is simply trying to relieve the pain when it becomes severe. This sometimes is extremely difficult to do. *Laudanum*, *hot fomentations*, painting with *iodine*, or a weak solution of *carbolic acid*, are all useful. The *German corn cure*, given elsewhere, is beneficial to bunions. *Bunion pads*, for sale in all drug stores, are extremely useful, and more than anything else, can be relied upon to relieve the pain. They can be worn continuously and do not interfere with any other treatment that may be adopted. A common sense shoemaker can do more than the physician to radically cure this complaint.

BURNS AND SCALDS.

Burns and scalds are very similar in their nature. One is produced by dry, and the other by wet heat; the results being practically identical. There are few accidents more common, and surely none more painful.

TREATMENT.—The first treatment of a burn is to put out the fire. When a person's clothes are on fire, he should at once lie down and roll up in the carpet, or rug; or persons present should use their own clothing to smother the fire. Do not try to extinguish it with water, unless an abundance can be used. A little water may make matters worse by causing steam.

Burns and scalds are dangerous according to their extent. If one-third of the body is burned over, it is apt to cause death. If the patient suffers shock, aromatic spirits of ammonia, hot drinks, or stimulants should be administered. If the extremities become cold, heat should be applied. A physician should always be called if a burn is very severe.

The local treatment should consist of the best at hand. If *lime water* and *sweet oil* are at hand, mix them, half and half, and apply freely. If neither is at hand, make some *soda water* with baking soda, or washing soda, bathe the parts freely and apply *vaseline*, *sweet oil*, or *linseed oil*. If the burn is small, *white lead* ground in oil is an excellent application. The object to be gained is to protect the surface from contact with the air. One or two ounces of *washing soda* dissolved in a pint of water, and cloths saturated with it applied and allowed to remain for three days, are said to promote rapid healing.

BURSA.

A bursa, in popular language, refers to a round, firm swelling, generally located on the back of the wrist or hand. It consists of a sac filled with liquid.

CAUSE.—Violence of any kind to the parts; straining or over-exercising the tendons or muscles.

The lumps are from the size of a pea to that of a good-sized marble, and while they are in no way serious in their nature, they are a source of disfigurement.

TREATMENT.—A good, substantial blow, as with a book, applied to the tumors is said to cause them to disappear. Firmly binding a half dollar or a piece of flattened lead over the swelling will often disperse it. It is always best, however, to consult a physician, who will be able to remove the swelling in almost every instance.

CANCERS.

In undertaking to write a section on the subject of cancers, I feel it important that the people shall *unlearn* what they think they know, in order to be taught the real truth in regard to these growths. Almanacs and advertisements have gone to such hideous extremes in regard to cancers, that the popular opinion in regard to them is entirely erroneous.

Every ugly, angry sore or swelling is not a cancer, but the charlatan would have us believe that it is. There are real cancers; there are also many morbid conditions pronounced cancers that are in no sense cancerous in their nature. "Be careful with that, or it will turn into a cancer," is a hackneyed red flag of the quack to scare any one who may have a blemish.

Those who think they have or are threatened with cancer should lose no time in consulting the very best medical talent within their reach. Avoid, as you would an assassin, the itinerant medicine tramp who strolls about the country professing to be able to cure this class of disorders. He may be consulted in case of corns, bunions, and warts, but the line should be drawn when it comes to cancers.

There are several kinds of cancers; they attack persons of all ages, but are more common during middle and advanced life; and no part of the body has entire immunity from them. They are divided under various names; soft, hard, open or bleeding, black, skin, and bone cancers, being perhaps the most familiar terms to the ordinary reader. To my mind, a more tangible division would be into *external* and *internal* cancers, as the scientific arrangement is very complex. Cancers of the lip, face, and mammary gland are the most frequent external; and of the stomach, liver, womb, and bowels the most common internal forms.

CAUSE.—Cancer is pre-eminently a hereditary disease, yet in its early stages it is considered a local disease, and not involving the whole system, which, however, is the case later on. More people die with cancer than is generally supposed. There can be no doubt but that the use of tobacco is a prolific cause of cancer.

Most of the cases that have come under the notice of the writer have, for good reasons, been attributed to this cause. This applies with special force to cancer of the lip, tongue, throat, and stomach. There is much indefiniteness, however, connected with the origin of cancerous growths.

SYMPTOMS.—The symptoms of cancers are largely governed by their location. They usually begin with pain and swelling, followed by the formation of an open sore. The pain is variable—sometimes very slight, sometimes severe; as the disease advances it is more pronounced, and in some cases the pain becomes intense.

TREATMENT.—The proper treatment of external cancer is its early removal with the knife. This is severe and radical, yet it is the only rational measure. Modern science has reduced the operation to a minimum. The use of *ether* and *chloroform* has rendered such operations painless, and the successful treatment of such diseases is one of the grand triumphs of medical skill. There is no substitute for removal. Those who shrink from the operation are almost certain to regret it. The pain, the disfigurement, and the lingering hopelessness which the slow progress of genuine cancer induces, are to be avoided at any price.

There are many advertised cures, both for internal and external use; these are all, I believe, worthless. Ointments or caustics which eat or burn out cancers are dangerous, and aggravate the disease. Do not poultice them, do not handle or irritate them. Let them absolutely alone. Meddling will surely make them worse. Some years ago no less than ten deaths from cancer occurred in the course of a few months under my notice, and I watched with no little interest the treatment in each case. Nearly every one so afflicted went from one physician to another and tried various patent articles besides. In the history of these cases it was pitiful to see what a sorry effort each poor victim made in managing his disease. Intelligent, rational, scientific medical practice was given a very poor chance. A reliable physician should receive loyal co-operation and confidence. If he is thought not competent to manage the case to the end, do not consult him in the first place.

Medical treatment of cancer is limited to the consideration of

the general health. Tonics, alteratives, and laxatives are often used with benefit.

A matter, often of great concern, is how to get rid of the extremely disagreeable odor which is present in some forms of cancer. This is sometimes very difficult. When that peculiar heavy, rank, weakening odor is present, it seems to be almost a substance to be picked up and carried out. I consulted some years ago a gentleman (who assisted in nursing a man of national reputation, who died of cancer) in regard to this odor. His reply was, "You can't kill it; nothing will do much good; we tried everything; it was the worst thing we had to contend with." Everything should be removed from the apartments except what is absolutely necessary. Fresh air should be admitted in abundance. Everything should be kept scrupulously clean. *Chloride of lime* used in wash water will help. *Bromo-chloralum*, *Platt's chlorides*, *carbolic acid*, and other disinfectants and deodorizers may all be used in turn, and will often greatly modify this disagreeable feature of cancer.

CARBUNCLE.

A carbuncle is a boil on a large scale, being deeper, without so definite a focus, and having a tendency to spread. Carbuncles range in size from a silver dollar to a saucer; they are most common on the upper part of the back and nape of the neck, and are attended with much more pain and constitutional disturbance than boils. A chill, followed by fever, often marks the first stage. They are a serious disease, and sometimes destroy life.

CAUSE.—This is not known. Carbuncles occur in all classes of persons, but more frequently in men beyond the age of fifty years. They generally indicate a low state of the general health.

TREATMENT.—The physician should always be called in early, as very energetic measures are often required to battle with carbuncle. A purgative should always be given at the onset. The parts should be freely poulticed, and tonics, such as *quinine* and *iron*, in connection with a generous diet, are usually required. *Warm water*, strongly medicated with *lead water* and *laudanum*, may be applied during the early stages instead of poultices.

Painting the parts three or four times a day with *tincture of iodine* in connection with the other treatment will be of service. Should the physician propose the use of the knife he should not be discouraged. Carbuncles have been known to occur in epidemics, and good authorities have considered them due to musty flour; a point well worth considering by those afflicted. Convalescence is often slow, and tonics, alteratives, a good diet, and change of air all promote recuperation.

CHRONIC NASAL CATARRH.

During the past few years no class of diseases has attracted more attention than affections of the nasal passages. There seems to be a natural predisposition to the disease. An authority on this subject says: "Nasal catarrh is one of the most frequent affections in this country, so much so that it has been estimated that out of one million inhabitants of the United States, nine hundred and ninety thousand suffer therefrom, and this average is even greater in some localities."

Catarrh remedies are among the most salable goods in the drug market, and their sale is greatly on the increase. Physicians are making the study and treatment of this class of diseases a speciality, and most medical schools are adding this special study to their curriculums. Books are being written on the subject, and no department of medical science is more inviting than the treatment of catarrhal affections. Their cause, prevention, and cure are, as yet, largely empirical.

CAUSE.—The influences and conditions which favor and produce nasal catarrh are many. The writer, some years ago, inquired of one of the leading specialists of this disease in this country, "Why are catarrhal affections so prevalent?" His reply was, "They seem to be produced by the advance in civilization." This surely was very indefinite, yet it gives us a broad field in which to search for an answer to the inquiry. No doubt the most common cause is repeated and neglected colds; each one leaving the membrane more sensitive and congested than before, when finally it abandons the effort to recuperate and remains swollen and

inflamed, discharging thick mucus, or becomes dry and scabby, in which case the discharges come off in dry scabs.

Yet this is only one cause, and when it exists alone seldom proves a severe or obstinate case. The clothing, in a marked manner, not only largely regulates the action of the skin, but the action of the mucous membranes of the respiratory organs as well. Improper clothing is a frequent cause of catarrh. Some time ago I stood in front of a crowd of street urchins about six or eight years of age, every one of whom had catarrh; and it is a noticeable fact that the poorly clad are very liable to it. Woollen under-clothing should be worn in cold weather by every one.

Poorly ventilated houses, sleeping apartments, school-rooms, churches, and factories all have a tendency to congest the membrane of the nose. Atmosphere contaminated with chemicals, metallic particles, or the dust of machinery, as in the manufacture of many kinds of goods, all favor its inception. Malaria, scrofula, deranged digestion, and liver disorders are all irritating to the mucous membrane of the nose and throat. Acidity of the stomach is specially irritating. A decayed tooth will sometimes cause local catarrh. To all these may be added an inherited tendency to the disease. Breathing through the mouth, which is given a special section in this book, is, after all, perhaps the most common of all influences in bringing on catarrh and promoting its continuance when it is once established. It is said that "all mouth-breathers have catarrh, and that all catarrhal subjects are mouth-breathers." If this is true, and I believe it is, mouth-breathing bears a very close relation to the affection. The American people are becoming a nation of mouth-breathers, and the passages through the nose in many cases are almost closed. Whether people do not breathe through the nostrils because they are stopped up, or that the nostrils are stopped up because they are not breathed through, is a puzzle. These conditions exist together, and either will produce the other. It is a law of nature that unused organs become atrophied, and finally disappear. If so, we may expect the human nose some day to exist only in history.

SYMPTOMS.—The symptoms of chronic nasal catarrh are nu-

merous. There are two varieties of catarrh, which may exist separately or together in the same individual. One variety is characterized by a copious discharge of mucus. The membrane is swollen, or, to use a more correct expression, thickened; the nose is stopped up, there is a dull headache, often more or less deafness, and a nasal twang to the voice. This is known as the *Hypertrophic* or moist variety. The other variety is marked by dryness of the membrane. The nostrils are enlarged and the internal tissues are shrunk; the secretions dry on the surface, and come away in the form of dry scabs. This is known as *Atrophic* or dry catarrh. Sometimes the two varieties will exist in the same person, the front of the nose being moist and the back portion dry, the scabs coming down every few days into the mouth. The discharge is variable both in amount and appearance; sometimes it is thin and watery, then thick and yellow; at other times dark and tenacious. The condition of the general health, atmospheric changes, etc., will affect the discharge greatly in catarrh. When scabs form in the back part of the nose there is a disposition to hawk, hem, and scrape, to dislodge them. Sometimes it will take a day or two before the matter will become loosened, the effort often proving not only nauseating but exhausting, when finally, after a stimulating meal, or, perchance, by the force of sneezing, the dried scab is loosened, retaining the shape of the parts on which it fastened itself, its removal being followed by a feeling of satisfaction. Frontal headache and disturbance of the memory are often traceable to catarrh.

TREATMENT.—Much thought and research have been expended in finding a cure for catarrh. Glad as we would be to publish the name of a specific for the affection, we are compelled to state that no such medicine has yet been found. Indeed, there is no medicine that even stands out prominently as being of special value. The profession is adhering to "general principles." I have watched the treatment of this disease with great interest, and have failed to develop even a plausible form of treatment, suited to any definite phase of the disease. The various "catarrh cures" on the market cure isolated cases only. I have followed their use with close inquiry for years, and I cannot recall two

cases cured by the same remedy. The treatment, therefore, consists, not in using any one remedy, but in the trial of several, and adhering to an intelligent *line of treatment*, which must be varied to conform to individual cases.

Cleansing the parts, using mild applications only, improving the general health, and avoiding that which tends to aggravate the disease, are points to which the best physicians closely adhere.

Enough has been said already, in pointing out the causes of the disease, to infer that the clothing, diet, ventilation, occupation, exposure, dissipation, inherited taints, and mouth breathing must all be considered in seeking relief from a disease which these conditions so often assist in establishing.

It requires patience and perseverance to keep the nasal cavity clean. Children should be taught how to blow and wash out the nose. The handkerchief should be used as often as necessary, but the nose should not be violently blown. The nostrils should be included in the morning ablutions. Snuffing water from the palm of the hand, when there is a tendency to catarrh, is an excellent practice, and its medicinal qualities are much improved if a small quantity of *common salt, borax, or chlorate of potash* be added.

The nasal passage should be kept open.

"Shut your mouth * * * *
And stretch the nostrils wide."

He who planned the human body breathed into man's nostrils the breath of life, and we should endeavor to perpetuate the Divine idea. It is not only essential that the air be warmed by passing through the nostrils before entering the lungs, but the membrane of the nose requires the friction and local effect of the air as it passes to and fro.

If the disease has become established and chronic, two aims are to be sought—to keep the nasal passages open and clean and promote a healthy action of the membrane. Spray atomizers are now almost universally used to reach the throat and nose. They are of various mechanism intended to spray either watery or oily substances and to reach any part of the nasal cavity either through the nose or up back of the palate.

For cleansing purposes *borax*, *common salt* and *bicarbonate of soda* either singly or mixed—a heaping teaspoonful to a half pint of water—answers an excellent purpose. A solution of *boric acid*, *peroxide of hydrogen* or the *alkaline antiseptic* solution, diluted one-half or three-fourths with water, are deservedly popular spraying solutions. *Dobell's Solution*, kept in drug stores, is an excellent spraying mixture for the nose. It is made as follows:

A—146.

Bicarbonate of soda,	1 drachm
Borax,	1 drachm
Carbolic acid,	30 drops
Glycerine,	1 ounce
Water,	$\frac{1}{2}$ pint
Mix.	

The above can be used once or twice a day. Some persons can snuff liquids up the nostrils from the palm of the hand and in this way wash out the nose, and it is desirable that those with catarrhal tendencies accustom themselves to this method of keeping the nasal passages clean. *The liquid should be warm when used.* If further medication is needed to effect a cure slightly stimulating applications are to be used. Mixtures containing menthol, camphor, oil eucalyptus, hydrastis, bismuth or carbolic acid are much in use. The following is a desirable oily spraying mixture:

B—146.

Menthol,	15 grains
Camphor,	10 grains
Liquid petrolatum or alboline,	2 ounces
Mix. Use once or twice daily.	

Menthol inhalers, either tubes filled with menthol or in solid cones on a holder, serve an excellent purpose in stimulating and soothing the mucous membrane of the nose and throat. Spirits of camphor is a desirable inhalant.

Druggists sell a small duck-shaped glass *nasal douche* now considerably used for cleansing the nasal passages. The reservoir nasal douche with a rubber tube has drifted out of use as it sometimes injures the duct connecting the nasal cavity with the ear. Where the nasal passages are not closed it is an effective method of washing out the nose. A teaspoonful of salt, borax, chlorate of potash or bicarbonate of soda, or what is better a teaspoonful of a mixture of all these things combined make an excellent douche liquid and should be used warm.

Local applications often prove beneficial, but most of the "catarrh snuffs" are too irritating to be of lasting benefit. The following, snuffed up the nose three or four times a day, will be found useful:—

A—147.

Subnitrate of bismuth,	2 drachms
Borax,	1 drachm.
Mix.	

Much harm is done by applying irritating or caustic substances to the nose. When such are required the physician should apply them, as it is important to use the proper medicament and to touch only the spot intended. The powders sold by peddlers are simply irritants, which produce sneezing and may dislodge accumulations, but they are sure to do harm.

Persons subject to catarrh should keep the head warm, and the hair should not be cut too close in winter.

CATALEPSY.

This disorder is quite rare, and is characterized by a sudden suspension of thought, sensation, and bodily movement. When the patient is seized with an attack he maintains the same posture he had when the paroxysm began. It may last only a few moments or it may continue for hours. It is a nervous affection, somewhat hysterical in its nature, and may be inherited.

Tonics, out-of-door exercise, and electricity are the best treatments.

CHAPPED HANDS.

Chapped hands and face belong to the dry, scaly skin diseases. Some people who have thin skin are annoyed very much with these afflictions during cold, windy weather. The skin of some people—the author's among the number—refuses to be hardened by exposure. Persons so constituted should protect the hands in cold, windy weather by wearing gloves.

When the skin cracks, which is apt to take place on the fingers and about the lips, the pain and discomfort are very annoying. The use of strong soap, washing too much, or failing to thoroughly dry the hands and face after each ablution, and the handling of irritants, all have a tendency to favor the complaint.

TREATMENT.—Consists in avoiding the exciting causes, whatever they may be. The hands should be thoroughly dried after each washing, and dusting powder on the face is always excusable in such persons.

Any healing and protecting application is appropriate, such as *vaseline*, *cold cream*, or *glycerine and rose water* mixed in equal parts.

In every drug store may be found elegant preparations for this purpose. Almost every druggist has some preparation of his own, and in most instances well-suited to the complaint.

Cocoa-butter or *mutton suet* are both very useful applications. I have observed that those who use either of these last-named articles are well pleased with them, hence they must answer the purpose well. A mixture of one part of *Turlington's Balsam* in four parts of *glycerine* is highly spoken of.

The following is an excellent article for chapped hands, face, and lips:—

A—148.

Powdered chlorate of potash,	$\frac{1}{2}$ drachm
Rose water,	2 $\frac{1}{2}$ ounces
Glycerine,	1 $\frac{1}{2}$ ounces.
Mix.	

CHICKEN-POX.

Chicken-pox, Varicella, in some instances closely resembles varioloid, or modified smallpox. It is perhaps the mildest of all eruptive disorders. It is contagious, and is confined almost entirely to childhood.

SYMPTOMS.—In less than a week after exposure pimples begin to form, sparsely scattered over the body. In a few days they become vesicles, then dry, and scab and fall off. Occasionally they fill with matter, and if scratched will pit like smallpox. Sometimes two or three crops of the eruption appear.

TREATMENT.—Carefulness is about the entire treatment. If it is desirable to prevent others from contracting the disease, isolation is, of course, necessary.

A resort to a light diet and mild laxatives may in some cases be advisable.

CHILBLAINS.

Chilblains exist as the remnants of frostbite or the result of sudden exposure to extreme cold. The parts most liable to be involved are the toes, sides of the feet, heels, instep, ears, nose, and fingers. The symptoms are redness of the skin, slight swelling, great tenderness, and intense itching, tingling, and burning. Sometimes small, painful, itching blisters form. Atmospheric changes largely regulate their intensity, and chilblains often, in fact generally, are veritable barometers and thermometers combined. When the temperature is falling and the air is moist, as during a “thaw,” the symptoms are sometimes very intense.

TREATMENT.—Rubbing the parts with a *lump of ice* will relieve temporarily. *Tincture of iodine* diluted one-half with *alcohol* is perhaps the best application, or *iodine ointment* diluted one-half with *lard*, *lead water* and *laudanum*, *soap liniment*, *spirits of camphor*, *turpentine*, and *kerosene oil* are all beneficial. *Dilute sulphuric acid* brushed over the skin allays the itching. The author, in his own case, has applied pure *carbolic acid* to the parts, always experiencing great relief. The parts should only be dampened and gently rubbed with the cork, and the surrounding surface avoided. *Balsam of copaiba* is said to promptly relieve. A strong solution of *alum* or *tannin*, in fact any astringent, will modify the trouble. A solution of *citric acid* in *peppermint water*, or simply rubbing with *lemon peel*, gives temporary relief. Warm socks and loose shoes should always be worn. When the skin is broken the following should be applied:—

A—149.—CHILBLAIN LOTION.

Olive oil,	1 ounce
Pure carbolic acid,	10 grains
Extract of opium,	30 grains.

Mix.—Label, “Poison.” Apply to chilblains.

Or when the skin is not broken use the following:—

A—150.—LOTION FOR CHILBLAINS.

Sulphate of zinc,	3 drachms
Water,	1 pint.
Mix.—Poison. Sponge the feet night and morning.	

CHOLERA—Asiatic or Epidemic Cholera.

This disease occurs in epidemics, and about one-half of the cases of the genuine disease prove fatal. Our country has been almost entirely exempt from it for a number of years, and the Northern States for a much longer time.

CAUSE.—Cholera is not supposed to be contagious from person to person, like measles or smallpox, but its propagation results more from bad sanitary conditions—filth, dampness, and climatic influences.

When cholera is threatened or exists in a community, people should be just as careful as if it were transmitted by personal contact, and should exercise just as rigid precautions as though the disease would generate spontaneously where conditions favored it.

SYMPTOMS.—The symptoms of cholera in a general way resemble those of cholera morbus; but the material vomited and discharged is very different, consisting of a colorless, watery fluid, commonly called *rice-water discharges*. This rice-water discharge is characteristic of the disease. Prostration is rapid, the extremities and surface become cold, the features shrink, the skin becomes blue, there is burning thirst, and violent and prolonged cramps. The voice, pulse, breathing, and the mind all become weakened, and finally fainting, collapse, and death ensue.

TREATMENT.—Whenever an epidemic of cholera is threatened every sanitary detail affecting individuals, private premises, or public thoroughfares should be looked after. During such times it always becomes the duty of local Boards of Health to instruct the people what to do, and enact such regulations as will insure the least possible circulation of the disease. Cleanliness, temperance, and ventilation will act as preventives in many cases.

When it is suspected that a person is being attacked with

cholera he should be placed in bed at once. Absolute rest in bed is imperative. Small doses of *essence of ginger* and *paregoric* should be given. When the disease settles down in earnest, *opium*, *aromatic sulphuric acid*, *spirits of camphor*, stimulants and supporting treatment, the use of hot-water bottles, and hot bags of salt should be resorted to. The food should be of the blandest sort, and when possible the patient should be nourished per the rectum. The "*Sun Cholera Mixture*" has performed excellent service in several epidemics of this disease. Fifteen to thirty drops should be taken in a tablespoonful of warm water every fifteen or twenty minutes until relief is obtained.

CHOLERA MORBUS.

Cholera Morbus is the "Summer Complaint" of adults.

CAUSE.—Hot weather and its accompaniments; improper food, such as unripe fruit, over-eating, a change of drinking water, sudden changes of temperature. Poisonous or irritating foods will provoke it.

SYMPTOMS.—Nausea, vomiting, and diarrhœa. The vomit is greenish or yellowish, and the discharges from the bowels yellowish or brown. The stomach refuses both food and drink. There is usually pain in the stomach and bowels, but not always. It is a very prostrating affection, and there is marked debility and a tendency to coldness and great thirst. If the symptoms are not arrested, the vomiting and purging become more watery; cramps in the limbs, prostration, coldness, and finally death may result; this, however, is quite rare.

TREATMENT.—A physician should always be called in severe cases. A full dose of *castor oil*, to which has been added ten or fifteen drops of laudanum, should be given at once, if possible. A *mustard plaster* over the stomach and to the extremities will serve an excellent purpose.

There are few better remedies for this affection than *Squibb's Cholera Mixture*. The dose is from one-half to one teaspoonful in a little water, repeated as necessary. Small doses frequently

repeated are to be preferred. It can be purchased at any drug store. The *Sun Cholera Mixture* answers the same purpose.

The various remedies for sick stomach, such as small pieces of ice in the mouth, lime water, etc., are often useful. For the pain, which is sometimes severe, there is no measure so applicable as hypodermic injections of morphine, as practiced by physicians.

CHLOROSIS, OR GREEN SICKNESS.

This disease is a complaint peculiar to young girls, but occasionally is met with in young men.

CAUSE.—A failure of the blood-making organs to accomplish their functions, or it may be due to bad ventilation or unwholesome food. Most cases are, however, associated with menstrual disorders.

SYMPTOMS.—Green or yellowish skin, pale lips, nervousness, weakness, and often palpitation of the heart. There is frequently a depraved appetite, the patient preferring chalk, slate pencils, etc., to more palatable articles. Amenorrhœa or dysmenorrhœa are apt to accompany it.

TREATMENT.—Plenty of good, non-stimulating, easily digested diet, out-of-door exercise, ventilated bed-rooms, and a change of surroundings.

Iron is the remedy for chlorosis. It should be taken in small doses and continued. Either of the following may be taken:—

Two grains of Quevenne's iron, in pill form, after each meal.

A teaspoonful of Basham's Mixture after each meal.

Blaud's Pills, one or two three times a day, is a most excellent remedy.

Either of the above should be continued for a long time. When iron disagrees with the stomach, other tonics should be combined with it or supersede it altogether for a while, but it should not be abandoned entirely. *Quinine*, *strychnine*, and *arsenic* may well be tried. Teaspoonful doses of *elixir of iron*, *quinine* and *strychnine*, three times a day, or *bitter wine of iron*, may be taken. Both are to be found in any drug store.

Mild laxatives are most always required. *Laxative mineral waters, compound licorice powder, or cascara cordial* will answer the purpose. The clothing should be sufficient to keep the body well warmed, and a hot foot bath every night will have a salutary influence.

CLUB FOOT.

Club Foot consists of a crookedness of the foot whereby the weight of the body is thrown on the ball or side of the foot or heel. There are several varieties of the deformity, but most cases are practically of the same nature.

Most cases are congenital, but it may be brought on after birth by sickness, such as fits or nervous disturbances, or the habit of walking on the side of the foot.

TREATMENT.—If the deformity is slight it may be overcome by daily extension and friction of the parts, the use of stimulating liniments, and by placing the foot in position by proper apparatus. Surgical supply stores can furnish apparatus well calculated to cure this deformity, and an early inquiry should be made through the family physician, and if the case is quite pronounced or seems to grow worse, an operation should be performed by a surgeon as soon after the child is two months old as practicable. An operation followed by proper attention will always result in bringing the foot to a proper position, and parents who neglect it commit a great wrong. If the child is delicate its general health should be improved.

COLDS.

In popular language a “bad cold” means a disturbance of some one or more of the bodily functions, as a “cold in the nose,” a “cold in the bowels,” a “cold on the chest,” etc. The expression applies more particularly to the upper air passages, however, and is often used to express a constitutional disturbance resulting from exposure.

CAUSE.—A cold is generally, perhaps always, the result of atmospheric influences upon the body or some part of it. Getting

the feet wet, going from an overheated room out into the cold air, having the hair cut, a change of clothing, sudden changes of the weather, lying on the ground, sitting in a draught, checking perspiration, exposure when the body is weakened by disease; indeed, anything that tends to check the secretions or disturb the functional forces. *The condition of the system, the stomach, and liver, no doubt has much to do with most cases of bad cold.*

SYMPTOMS.—A cold may bring with it almost any kind of symptoms, depending, of course, on the organ or part of the system most affected by it. It generally begins with a sense of chilliness, lassitude, stiffness, pains in the back or limbs; there is usually a disposition to get very near a fire; the skin is dry, there is more or less thirst, loss of appetite, and in marked cases feverishness, dull headache, and more or less change in the secretions of the nose, throat, and bronchial tubes; the digestion is generally disordered, the stomach and liver are deranged, due to a catarrhal condition. After a period of greater or less duration, the action of the skin is again established and there is a return to the usual health.

A cold is supposed to select the weakest spot in the body. If the lungs are weak, a cold is apt to develop into pneumonia; if the digestion is impaired, acute dyspepsia or biliousness often result; if a tooth is decayed, the toothache will ensue; if the nerves are weak, neuralgia will assert itself. It is a popular theory that we all have some "weak spot," and a bad cold generally selects it as its prey.

TREATMENT.—As a rule, an ordinary cold, unless it is severe, receives very shabby consideration in the way of treatment. People expect one good dose of medicine to drive it out of the system. For mild cases, special care for a day or two, *a mild laxative, soaking the feet at night, warm drinks*, and a few grains of *quinine* are all that is necessary.

In more severe cases much can be gained by relinquishing work, going to bed, and drinking freely of *boneset* or other stimulating tea, hot lemonade, or hot water, taking about ten grains of *quinine*, or, if it is the hour of bed-time, about ten grains of *Dover's powder*. If the bowels are constipated, instead of the

Dover's powder one or two old-fashioned *compound cathartic pills* may be taken. It is a very common and effectual practice to purchase one dozen two-grain *quinine* pills at the beginning of a cold, and take three pills at once and two or three a day until the cold has vanished.

If there is fever, two or three drops of *tincture of aconite* every two or three hours will relieve.

Or

If fever and discharge from the nose:—

A—155.

Tincture of aconite,	30 drops
Tincture of belladonna,	30 drops
Water,	2 ounces.

Mix. A teaspoonful every two or three hours.

Or

Five drops of *camphor spirits* on sugar every two or three hours.

Or

B—155.

Salicylic acid,	60 grains
Solution acetate of ammonia,	1½ ounces
Syrup,	6 drachms.

Mix. Take a teaspoonful every three or four hours.

COLIC.

Colic, in its popular sense, means pain in the abdomen. In medical language the nature of the part affected is generally included in the nomenclature, as bilious colic; hepatic colic, due to passage of gall stones or bile derangement; renal colic, when the pain is in or connected with the kidneys; flatulent colic, caused by wind in the stomach and bowels; lead colic, due to the presence of lead in the system.

CAUSE.—The cause of flatulent or abdominal colic is due to the presence of indigestible or irritating food, the generation of gas, constipation, dyspepsia, etc.

Bilious and hepatic colics are often accompanied by the above conditions, and sometimes intense pain is due to the passage of gall stones. Such colic is marked by its sudden approach, the intense

pain while it lasts, the abruptness of its departure, and the absence of other symptoms. Bilious colic is sometimes an alarming disease. Previous to the attack, the patient complains of constipation and loss of appetite; there is nausea, vomiting of bile, and the tongue is coated. The pain is of a sharp, cutting nature. At first it is somewhat relieved by pressure, but the abdomen soon becomes tender and the extremities cold; the skin and whites of the eyes assume a yellowish tint and there is great desire for relief. Some people are subject to bilious colic. Gouty persons are apt to suffer more or less with colicky pains, especially when that disease is receiving heroic treatment for other parts.

TREATMENT.—In all forms of colic the indications are:—

1. To relieve the pain and spasm.
2. To open the bowels.
3. To prevent inflammation.
4. To prevent future attacks.

To relieve the pain, *pepper tea*, *ginger tea*, *essence of Jamaica ginger*, *aromatic spirits of ammonia*, *essence of peppermint*, *Sun Cholera Cure*, *paregoric*, the various "*pain killers*," *carminatives*, and *anodynes* are all useful, and must be given in decided doses. People are obliged to resort to such things as they have in the house, and any of the above may well be chosen. If there is flatulence, *bicarbonate of soda* will help to relieve it. Sometimes when the stomach is foul an emetic of a teaspoonful of *mustard* and the same quantity of *salt* in a cup of warm water, repeated in ten minutes if necessary, will prove beneficial. *Mustard plasters* should be applied over the abdomen. The bowels are best emptied by an injection of warm soap and water, in which is put a tablespoonful each of molasses and salt. A large injection of warm water will often give immediate relief. If the stomach and bowels are emptied and a liberal use of *carminative anodynes* administered, the chances are that the disease will speedily disappear.

Flannel cloths, wrung out in hot water and applied to the abdomen and renewed every three minutes, are a powerful anodyne, more so than the hot water bottle.

From one-half to one pint of *olive* or *cotton-seed oil* swallowed at once is said to greatly aid the passage of gall stones.

Or

If the pain is extreme, 20-drop doses of *laudanum* or tablespoonful doses of *paregoric* in warm water, repeated every twenty or thirty minutes until three or four doses are taken, may be necessary.

Or

If the stomach will accept it, a good dose of *salts* or *magnesia* will always benefit colic.

CONSTIPATION.

Constipation of the bowels, notwithstanding the fact that it is usually only a symptom of derangements of the digestive system, presents phenomena so decidedly its own that it may well be considered a disease, with symptoms of its own demanding special treatment.

CAUSE.—The causes which lead to constipation of the bowels are almost endless. Some persons are born with the tendency; it runs in families; it is formed by habit; modern diet is very favorable to constipation; food of the present day is much more constipating than it was years ago. Our food is much more concentrated; we eat more sugar and sweetened food, more bolted flour, pastries, and drink more tea. We are much more urban and less rural in our surroundings, business life is more tense, and the nervous organization of modern civilization is less vigorous; all of these things are factors in producing a constipated habit. Neglecting the calls of nature is known to all. Want of exercise and excessive mental strain, both favor the condition. Dyspepsia so often causes constipation, and constipation so often causes dyspepsia, that they are seldom found separate. Sometimes it is difficult to conclude which is the disease and which is the symptom. Sedentary habits, close application to study, and anxiety of mind, are specially apt to produce a combination of the two conditions.

The intestinal secretions of many people are naturally deficient,

and the discharges are lumpy, hard, and dry; in these cases constipation always exists. Bile, the natural secretion of the liver, is laxative. When this organ is torpid, constipation may be expected. A prominent author states that "a sedentary life is the most common cause of constipation," and that "simple laziness comes in next;" and he speaks the truth.

SYMPTOMS.—People are so apt to magnify all symptoms into full-fledged diseases, that the real source of many bodily ailments is often overlooked. Constipation may cause a whole train of symptoms, and yet exist itself as only a symptom of some condition or disease of the body. Indeed, this is the case in the majority of instances.

Diseases of the liver, stomach, brain, nerves, and heart; poisons in the system, such as malaria or lead, are all accompanied with more or less constipation; and in administering medicines, discrimination, which is of great importance, is too often overlooked. The author is aware that here is opportunity for much speculation. Many people with slightly impaired health have a tendency to exercise great concern over their ailments. Their aches and pains attract their attention, yet there is no definite or distinct disorder. In the morning their nerves are diseased; at noon their liver and stomach are deranged; in the evening their muscles are losing their elasticity; and at night their bones are the seat of pain, and their life is full of misery. I have met many such people. Their talk is largely devoted to their aches and pains, and yet, strange to say, such people apparently enjoy (?) fairly good health. I am inclined to believe that a constipated habit is a frequent cause of this hyper-sensitive condition of the nervous, mental, and physical organization. When the constipation is prolonged, these migratory and promiscuous ailments become more localized and pronounced. Real headache, depressed spirits, acidity of the stomach, water brash, heartburn, confusion of thought, irritable temper, abdominal discomfort, flatulence, mottled complexion, palpitation of the heart, loss of appetite, loss of flesh, bloodlessness, cough, cold hands and feet, chilliness, sleepy sleeplessness, piles, pains in the limbs at night, bad breath, biliousness, a feeling of lassitude and weakness of arms and legs,

offensive perspiration, boils, and festerings; all these become prominent and disturbing symptoms to the constipated.

TREATMENT.—In the treatment of this disease we aim at two objects: first, to unload the bowels and secure temporary relief; second, to bring about regular natural movements of the bowels. It cannot be denied that too much cathartic medicine is used for constipation. “I want a dose of cathartic pills, and give me some that will do the work,” is an expression which, in substance, every druggist has heard numberless times over the drug counter, and he is expected to supply a thoroughly active sort. What shall be done to relieve the bowels temporarily? I am aware that something will be taken, notwithstanding the fact that the same condition will exist in a few days again, and that this periodical exciting and straining the coating of the bowels only weakens and impairs their elasticity. Depending on cathartic pills to open the bowels every few days is an exceedingly pernicious practice. I have heard people remark with apparent pride, how many cathartic pills it took to purge them, as if it was a mark of strength and physical resistance, when exactly the contrary was the case. There may be times when a brisk purge is needed, but it is not often.

The *rectal syringe* should always be chosen in preference to cathartic medicines. A warm water injection, with the addition of salt or soap, or both, taken at night, will relieve the bowels; a good night's sleep will result, and the morning will bring refreshment of mind and body. Preparations of *senna* are quite harmless, and *compound licorice powder* serves a good purpose. The *saline mineral waters*, such as “*Hunyadi*,” agree with some, but they are not suited to such continued use as some persons are in the habit of making of them. *Rhubarb* suits old people, but as a rule it is not suited to the treatment of constipation. *Calomel* and *blue mass* should not be thought of in this connection. *Sulphur* is an excellent laxative. *Aloes*, and *mandrake* or rather its active principle, *podophyllin*, are perhaps the best cathartics for general use. Either should be taken in combination; in every drug store may be found pills with *aloes* and other cathartics, with perhaps *strychnine* and *belladonna*, which add greatly to the

virtue of cathartic pills. The same may be said of *podophyllin*. Such pills should always be taken at night. What is known as the *Vegetable Cathartic Pills*; *Dr. Fordyce Barker's Aperient Pills*; or *Pills of Aloin, Strychnine*, and *Belladonna*, are all excellent combinations.

The use of any of the above should be confined to very narrow restrictions, as simply taking purgatives or laxatives is not *curing* constipation. Diligent search should be made to find the cause of the difficulty. If it is neglecting the calls of nature, a chosen time each day should be given to such a purpose. The best time to form the habit is in the morning, but some persons have better success at night. Comfortable apartments, where it is pleasant to go and perform the act without exposure to cold, discomfort of person, or publicity, is a wonderful help; indeed, one writer whose opinion is no doubt correct, places uncomfortable accommodations as the greatest cause of the constipated habit. I believe if the apartments for this purpose were thoroughly comfortable constipation would become almost unknown.

Much can be accomplished by systematic water drinking. A drink of water should be taken at night, and another in the morning on rising. It should not be too cold, nor should it be stale. A pinch of common salt will give it laxative properties. Warm water acts better with some people. Coffee and tea, especially the latter, should be avoided. Warm water drank at meal time has gained great favor, and should be encouraged.

Out of door exercise, ventilated houses, and early rising are all important. The food has much to do with the action of the bowels as a rule: bulky food, like greens, fruit, etc., is laxative, while concentrated food, such as milk, sugar, etc., is constipating. Bread made of bolted flour, meats, rich food, and pastries, milk, and sugar, all have a constipating effect. Unbolted flour bread, bran bread, oat meal, cracked wheat, corn bread, molasses, peaches, apples, pears, corn, tomatoes, and the various dried fruits, especially figs and prunes, while not laxative, have a tendency to promote the action of the bowels. A great many cases can be overcome by attention to diet alone.

In what might be called the medical treatment of the *con-*

stipated habit, a variety of measures must be utilized, and no one remedy should be used long at a time.

The *rectal syringe* is the most useful agent in overcoming the habit. Every person who is costive should have one. Use plain cold water one time; salt water next time; then soapsuds, etc., alternating from one to the other. Do not get in the habit of using the syringe, however. It is said that the habitual use of warm water injections will increase the torpidity of the bowels. *Suppositories* are very beneficial in constipation, and those made of glycerine, to be found in almost any drug store, answer the purpose admirably, especially when traveling and when a syringe cannot be conveniently used. In the choice of medicines, great care must be exercised, as many cathartics strain the muscular fibres of the bowels, and the after effect of their action is an increase of the difficulty. *Cascara sagrada* is said to be one of the best remedies for the relief of habitual constipation. Ten to twenty drops of the *fluid extract*, or one or two teaspoonfuls of *Cascara cordial*, are quite pleasant in their action and seem to overcome the intestinal torpor. It should not be taken in cathartic doses; but in doses just sufficient to produce a normal action.

If there is a relaxed or catarrhal condition, tincture of *nux vomica* is one of the best remedies. *Goldenseal*—either the *fluid extract*, or the active principle, *hydrastin*—will often relieve when the discharges are dry, hard and covered with mucus. Five drops of *tincture of nux vomica*, or ten drops *fluid extract goldenseal* will often produce happy results. A teaspoonful of *powdered sulphur* in molasses taken in the morning is an extremely useful laxative, especially if there is a tendency to piles. *Sulphur spring water*, *Blue-Lick water*, *Harrogate water*, and *Hunyadi water* may all be turned to practical use.

When the liver is torpid, the skin sallow, a sense of fullness in the right side, and clay-colored stools, *podophyllin* in combination with *nux vomica* and *belladonna* should be used for adults; and *phosphate of soda*, one teaspoonful in water each morning, for children. *Phosphate of soda* may be put in soup or broth.

The aged, the weak, and invalids find *rhubarb* useful, but for general purposes it is not suited. A piece may be carried in the

pocket and chewed at liberty. These cases are sometimes greatly helped by the following:—

A—162.

Epsom salts,	one ounce
Cream of tartar,	one drachm
Dried sulphate of iron,	ten grains
Water,	one quart.

A wineglassful each morning upon rising.

Or

Ten drops fluid extract stillingia three times a day.

Or

Two or three drops tincture belladonna three times a day.

Or

Two drops Fowler's solution of arsenic at meal time.

Or

One-half dozen each of almonds and raisins daily.

Or

An orange before breakfast every morning.

CONSUMPTION.

Consumption, also known as *Tuberculosis* and *Phthisis*, is a disease with which we are all, alas! too familiar.

It is not always confined to the lungs, although they are almost always involved, and in an overwhelming majority of cases are the focus of the tubercular formations. It is estimated that about one person in six or eight of the world's population die of this malady.

CAUSE.—Consumption of the lungs is pre-eminently an inherited disease; that is to say, the tendency or the predisposition to consumption is generally inherited. It may originate, and often does, in those whose previous history is free from any signs of the disease, yet if we trace through succeeding generations of consumptive families we will find that it is a veritable lineal scourge.

Pneumonia or bronchitis is not likely to cause it; neither are measles nor hemorrhage of the lungs, nor nasal catarrh, and in all probability will not, *unless* there is a pre-existing tendency to

the disease. If this predisposition exists in the system, no matter how latent, these diseases will have a tendency to develop it.

Much is printed in patent medicine and other advertisements in regard to catarrh as causing consumption. I question whether catarrh *ever* leads to genuine consumption, *unless* there exists a tendency to the disease. It would be almost as rational to expect scarlet fever to develop into measles. Catarrh and tubercular consumption are two entirely different diseases.

On the other hand there are those who argue, and not without a reason for their belief, that simple nasal catarrh is preventive of consumption. We know that piles and some other diseases seem to hold consumption in check, in those who are strongly disposed to it, and I am sure that nasal catarrh could as reasonably be supposed to relieve the system of the tendency to tubercular development as any other abnormal condition. Indeed, it often resembles it, as far as the discharge is concerned. The idea has been advanced that where catarrh exists in consumptive persons it should not be interfered with, as the progress of the more serious disorder would take on renewed activity if the catarrh were cured. But this is not a proper theory and it is generally safe to use proper measures to cure any disease. Catarrh is irritating to the throat and bronchial tubes; it is debilitating; it interferes with the breathing, and for these reasons may favor the development of consumption. Similar language would apply to colds, sore throat, bronchitis, and pneumonia. Beyond this they are quite innocent as breeders of tubercle. One of the best authors in the world on lung diseases says: "That a neglected cold may eventuate in phthisis is a traditional, popular error, unfortunately held also by some medical writers and practitioners. The error is to be regretted, because it often interferes with hygienic management in cases of phthisis."

Climate, age, and occupation are all important factors in the development of this disease. Impure air, improper diet, confinement, close application to study, scanty clothing, exposure to cold and dampness, all favor its development. Attacks of measles and laryngitis are very apt to develop lung diseases in those so inclined. There are two kinds of consumption—the "*Galloping*" and the

chronic variety. The former runs its course in a few weeks and is quite rare; the latter is the great scourge of the human race.

SYMPTOMS.—The disease begins usually with a short and insidious cough, with a feeling of lassitude, and a decline in general health, attended at times from its onset with a pain in the affected lung and a somewhat quickened circulation; or it gives the first indications of its existence by the occurrence of a hemorrhage, or develops itself after severe bodily or mental fatigue. It may sometimes be traceable to some neglected cold. The disease, in any event, becomes fully established, with symptoms which hardly need a detailed description. “The harassing cough by day and by night, the impaired appetite and disturbed digestion, the loss of blood from the lungs, the steadily augmenting debility, the short breathing, the exhausting night sweats, the hectic fever, the deceptive flush which this imparts to the cheek, the increased lustre of the eye, the singular hopefulness, the temporary improvements, the relapses, and the greater vividness of the imagination, so strongly contrasting with the waning frame, are phenomena which sad experience has made familiar not only to every physician, but to many a fireside.”

Hemorrhage occurs in about two-thirds of the cases. In the advanced stages the cheeks are hollow, the bones prominent, the skin arid, the nose sharpened and drawn, the eyes sunken, with the adnata of a pearl color and destitute of vascularity, the lips retracted, so as to produce a bitter smile, and the hair thinned by falling out, the neck wasted and oblique and somewhat rigid, the shoulder blades projected or winged, the ribs prominent and the breast narrowed, the abdomen flat, the joints seemingly enlarged, the nails livid and occasionally incurvated, the extremities somewhat swollen, and the whole attended with a most afflicting cough, sore mouth, difficulty of swallowing, hoarseness, a feeble, whispering voice, sometimes its entire extinction.

These symptoms and conditions admit of wide variation, yet enough are always present, so characteristic as to make the nature of the disease certain. The expectoration is at first mucous, perhaps bloody; later in the disease it becomes heavy, thick, and purulent.

Consumption is often confounded with other diseases. The mental condition is so hopeful that the real nature of the malady is often overlooked. On the other hand, the mind is so depressed and foreboding in derangements of the digestive organs that those afflicted are sure they have some serious malady, and as consumption is the most conspicuous one, the hypochondriac often fastens his mind on this disease, which sometimes seems to pacify the morbid fancy. Chronic bronchitis, asthma, chronic pleurisy, heart disease, nasal catarrh, liver diseases, anæmia, malaria, habitual constipation, simple debility—especially in young girls—all cause symptoms which are sometimes found in connection with consumption, and a superficial opinion may err in discrimination.

The main characteristic symptoms of consumption are cough, spitting of blood, and progressive emaciation. It should be remembered that a cough is not a very significant symptom unless other symptoms are present. A cough may attend almost any disease, or it may simply be a habit. Unless it is a cough of some significance it should not occasion alarm. The cough and expectoration of some cases of chronic bronchitis closely resemble consumption. All the above symptoms may be present without consumption. A physician in deciding a case adds the family history, the physical condition of the chest, the rise in the temperature, and, above all, a microscopic examination of the expectorated material.

TREATMENT.—I am thoroughly convinced that if persons have pulmonary consumption, it is not only their privilege, but it is to their interest, to be cognizant of the fact. To keep the patient in ignorance of his or her complaint is to cripple and handicap all efforts to overcome the disease. There are very few exceptions to this principle. It may be argued that it would frighten a patient to tell him that he is afflicted with such a grave malady, and that a knowledge of his condition would cause him to abandon hope. Not so. When Garfield was told that he had one chance in a hundred to recover, he replied: "I will take that chance;" and the world knows how manfully he fought with one chance in his favor and ninety-nine against him. The average man or woman

loves life just as well as Garfield did, and will as diligently fight for it.

If a man is told that he has pulmonary consumption, he will at once adopt the best possible treatment. It is impossible for a physician to secure the intelligent co-operation of the patient in this complaint if the patient is kept in ignorance of his condition. There are so many advantages to be gained by a knowledge of one's own real condition, that it is almost criminal to keep an individual in ignorance. No doubt many lives are lost by deceiving people into their graves.

Persons with consumption, in most cases, require a complete change of air, food, clothing, habits, occupation, and surroundings. They should get out of the nest where the disease has hatched and grown. Everything which tends to weaken the vital force should be abandoned.

Dr. W. Richardson laid down the following precepts, and they are well worthy of a place in this connection :—

1. "A supply of pure and fresh air, for respiration, is constantly required by the tuberculous patient.

2. "Daily exercise in the open air is imperatively demanded by the tuberculous patient.

3. "It is important to secure for the patient a uniform, sheltered, temperate, and mild climate to live in, with a temperature about 60° and a range of not more than 10° or 15°; where, also, the soil is dry and the drinking water is pure and not hard.

4. "The dress of the tuberculous patient ought to be of such a kind as to equalize and retain the temperature of the body.

5. "The hours of rest should be from sunset to sunrise.

6. "Indoor or sedentary occupation must be suspended; but outdoor employment in the fresh air, even in the midst of snow, has been and may be advantageous.

7. "Cleanliness of body is a special point to be attended to in the hygienic treatment of tuberculosis.

8. "Marriage of consumptive women, for the sake of arresting the disease by pregnancy, is morally wrong, and physically mischievous."

These matters relating to diet, clothing, rest, sleep, exercise, and

general discipline, are of far more importance in the treatment of consumption than medicinal considerations. The diet should be the best—sensible, plain, and well cooked. Books on the subject generally prescribe a course of diet, but such advice is seldom followed. The limitations of the market, and more often of the purse, render such advice impracticable. Warm milk, unbolted wheat bread, corn bread, eggs, beef, mutton, oysters, rice, fish, vegetables, peas, tomatoes, beans, stewed fruits, and meals at regular hours, embrace a wholesome bill of fare.

The starchy substances, such as potatoes and hominy, white bread, pastries, pies, and starchy foods generally; pickles, spices, salted meats, cheese, preserves, and nuts, should be avoided. Hot liquids at meal time are not advisable. A quart of milk can be taken daily. Warm milk can be drank at almost any time, especially on going to bed, but cold milk tends to produce biliousness and should be avoided.

The practical cook can prevent and cure more cases of consumption than the most skillful administration of medicine can ever hope to. Corn meal can be served up in many very palatable ways, and it is very wholesome.

One "plan" of treatment consists of drinking from four to seven quarts of milk each day in divided amounts, and eating two eggs and two ounces of malt twice daily. If the stomach will bear it, one-half an ounce of cod-liver oil may be also used as a food during the day. If the milk is constipating the oil will, in a measure, counteract its effect.

Food taken early in the day is more apt to be digested than if taken later on, because the stomach is in full sympathy with the body, which is always in better condition early in the day.

The clothing of the consumptive should be ample, and of wool both winter and summer; not too heavy and of full size. Chest protectors are not to be recommended. Good, thick-soled shoes should be worn.

The medical treatment of consumption is very important. Consumptives as a rule take a great deal of medicine. They will try one medicine and then another, only stopping to consult some physician, whose medicine will, in turn, be laid aside for some-

thing else. These anxious migrations of effort go on until the disease becomes thoroughly developed and the family physician is called—perhaps for the first time—whose skill is unavoidably limited to making easy the last months, or perhaps weeks or days, of a consumptive's life. Oftentimes a consumptive will be taking four or five treatments at once: somebody's cod-liver oil, some one else's "sure cure for consumption," perhaps a "without medicine" process, somebody's "compound oxygen," and perhaps one or two domestic remedies suggested by the neighbors. To the above may be added the continual use of "cough drops," "lozenges," chlorate of potash, cubeb cigarettes, and various devices to breathe through, with which the market is flooded.

The very nature of consumption or tuberculosis demands that the treatment, from its inception, be placed in the hands of a conscientious, capable physician.

Consumption is due to a living germ or microbe, *bacillus tuberculosis*, which aggregates in the tissues of the body, most frequently in the lungs. It may enter the system in contaminated food, drinking water or milk from infected cows; by contact with drinking cups and other utensils, clothing, money or house-flies; by breathing germ-laden dust from the street or sidewalk; the infected air of sick rooms, hospital wards, school rooms, public halls or railroad cars. We are all no doubt, at times, more or less in contact with the germs of this disease.

On the other hand, whatever debilitates, enervates or weakens the physical powers or vital forces, such as intemperance, disease, poor diet, exhausting labor, sexual excesses, or inherited weaknesses, renders the system more susceptible to its influence.

Again, each individual case of tuberculosis occurs under local or home conditions peculiarly its own, which call not only for the medical advice, but also for the sanitary and hygienic knowledge and experience of the educated physician. He may find it wise to entirely change the sleeping apartments, the diet, the occupation, or the habits of the patient. He may deem it necessary to investigate the food or milk supply. He may be compelled to include the public school, the factory or store in his investigations. Indeed, the great "white plague" has become a social, industrial and economic problem. Not only local but state and national au-

thorities are engaged in the work of preventing its spread and curtailing its ravages to the narrowest limits.

To meet the demands of progressive medical practice, none but the physician can intelligently decide what to do in each individual case.

It is for the physician to advise regarding ventilation, diet, exercise, occupation, disinfection, the use of sputum cups, out-of-door sleeping, arranging an open window cot, seeking another climate, isolation and school and social relations. Moreover, the average family needs that the doctor add precept to precept in order that essential requirements be complied with.

An important thing for the people to learn is that consumption can be prevented, and that by the early adoption of the three great remedies in this disease—GOOD FOOD, FRESH AIR, REST—a majority of cases can be cured.

Two good mottoes for all to follow are:

DON'T GIVE CONSUMPTION TO OTHERS.

DON'T LET OTHERS GIVE IT TO YOU.

As the germs infest the expectorated sputum, those afflicted should not spit on the sidewalk, on the floors of cars or halls, nor sneeze or cough without protecting the mouth; nor live, sleep or work in rooms unless they are thoroughly ventilated. Remember that filth breeds disease germs and flies carry them. Medicines are much less depended upon than formerly in the treatment of consumption, *Food, Air* and *Rest* having taken their place.

Cod-liver Oil is much used as a constructive remedy. If administered early in the disease and to young persons it is of great value. It can be given plain, or emulsified with hypophosphites. The article on cod-liver oil, in this volume, well describes how it should be used.

Arsenic is next in value to cod-liver oil as a remedy for consumption. Properly used it is harmless, and if wisely employed would prolong many lives which otherwise yield to this formidable disease. *Arsenic*, like cod-liver oil, is more beneficial in the early stages of the chronic form of the disease. During the active stages, where hectic fever and night-sweats are present, arsenic will fail to benefit.

It should be given under the supervision of a physician in the form of *Fowler's Solution* in small doses, from two to five drops after meals, and continued for a long time. Its use should be suspended for a few days occasionally. Under its use the appetite improves, and its tonic properties are lasting. When the dose is too large the eyes will become somewhat puffy, and it should be decreased.

It will not get into the bones or any other tissues, and if a physician is consulted in each individual case there is no need of being afraid of it.

The *phosphites* and *hypophosphites* have won a decided reputation as curatives of consumption. They are to be heartily recommended because they have a direct influence against the disease, improve the digestion, and add important elements to the body. In every drug store may be found preparations of the *phosphites* or *hypophosphites*, either in the form of *syrup* or *elixir*. *Fellows' Syrup of Hypophosphites* is an excellent combination, and I can heartily recommend it. The druggist, however, can make an article equally as good.

Mullein leaves are used for consumption with asserted success. Some remarkable statements have come from reliable sources in regard to the virtues of this plant. It is well worth trying. *One pint of milk* in which is steeped *four ounces of fresh mullein leaves* is directed to be drank three times daily. It is said that "under this treatment a consumptive will increase in weight, the cough will lessen, the expectoration become easy, and the general condition rapidly improve."

Tar, *carbolic acid*, and *creosote*, either internally or by inhalation, are much used and are beneficial. *Creosote* is specially useful as an inhalant. Apparatus for this purpose may be found in every drug store. *Robinson's Inhaler* is perhaps the best. *Iodine* should be used more than it is, and perhaps *Lugol's Solution* is the best preparation; dose, two to six drops three times a day in water.

Quinine, *iron*, *nux vomica*, and *bitters* of various kinds are to be given when needed. The great aim is to build up the system. If *anæmia* exists, use *iron*; if *malaria*, use *quinine*; if *constipation*, use *nux vomica*, etc.

For *night sweats*, twenty drops *aromatic sulphuric acid* at bedtime.
Or

Ten drops *tincture belladonna* at bedtime. Belladonna may be given during the day, it being an excellent remedy for the cough.

Or

Bathing the surface with *alum water*.

Or

Sage tea is a domestic remedy and possesses some virtue.

The *cough* will call for anodyne expectorants, but they should be used as sparingly as possible. Cough mixtures interfere with the stomach, the digestion, and the strength, and care should be exercised in their use. Much can be accomplished by suppressing the inclination to cough. No matter what the conditions are, coughing is apt to be overdone. When nothing is raised the act should be avoided if possible. Active, nauseating cough mixtures should be discarded. Those mildly expectorant and quieting are to be selected. Equal parts of the *syrup of ipecac*, *syrup of wild cherry*, and *paregoric*, in such cases forms an excellent cough mixture. Many cases require less *paregoric*. *Syrup of terebene* is an excellent remedy for cough. The following will be found an extremely useful

A—171.—COUGH MIXTURE.

Syrup wild cherry,	4 ounces
Syrup ipecac,	1½ ounces
Compound tincture cinchona,	2¼ ounces
Deodorized laudanum,	3 drachms.

Mix. A teaspoonful as required.

Physicians are tempted to advise consumptive patients to go from home to seek health. Occasionally this may prove beneficial, but as a rule the experiment proves a failure. If the same money is spent for extra comforts—food, clothing, and recreation—at home, I am inclined to believe it would do more good. If a trip is to be taken, go as soon as possible. Don't wait until the doctor has exhausted his skill.

While consumption is not contagious in the ordinary sense, yet care should be used by those who have oversight of its treatment. All sputa should be burned; all discharges destroyed. A healthy

person should scrupulously avoid contamination. The important fact for all to remember is that tubercular germs infest the expectorated material and if all discharges from the mouth and nose were burned the "white plague" would largely disappear.

CONVALESCENCE.

The period of convalescence is the time between the beginning of the abatement of a disease and the entire restoration to health. It is, as a rule, a period of much importance.

Great care should be exercised in establishing the usual diet, habits, exposures, and daily labor after long confinement and bodily disease. A relapse is always dangerous, and should be avoided if possible. Undue exposure to cold after rheumatic or pulmonary affections, over-eating after stomach or bowel difficulties, or active exercise after diseases that are debilitating, are all to be avoided. The appetite is often far beyond what it is safe to satisfy. The physician should be consulted on these points, as much depends upon the care taken during convalescence as to whether or not perfect health will again be secured.

No strong medicines should be taken during this period. If the appetite needs sharpening, *wild cherry bark* or *chamomile tea* are well suited for this purpose. Moderate doses of *quinine* are often beneficial. Cakes, sweets, nuts, candy, and all indigestible food should be avoided. All medicines previously ordered by the physician should be abandoned, except he direct otherwise. No alcoholic stimulants should ever be used at this time. They are very seldom if ever needed. The same may be said of medicines that produce sleep and relieve pain. At this time the opium, morphine, chloral, and drink habits are frequently formed. Medicines, as far as possible, should be abandoned, and perfect health be permitted to establish itself.

COUGHS.

A cough consists of a short and violent expiration of the breath, the effort being to expel some irritating substance from, or to relieve some annoying condition of, the respiratory organs.

A cough may result from an almost endless variety of causes. At most, it is only a symptom. It is usually due to some disease or irritable condition of the throat, pharynx, larynx, bronchial tubes, lungs, or nervous system. The following are among the few causes of cough: an elongated uvula, enlarged tonsils, nasal catarrh, ear-ache, diseases of the stomach, liver, brain, or intestines. While it is in most instances a sign of some respiratory disorder, such is not always the case by any means.

In children it is often a symptom of teething, indigestion, or worms. Sometimes it is only a habit. The nervous character of a cough is often well illustrated in church or in school; if one person coughs the majority are apt to do so. The author is convinced that most people cough more or less, and that a great deal of unnecessary anxiety is caused by attaching too much importance to slight habits of coughing.

A cough, however, is of more or less significance, as it is an indication that there is something wrong somewhere. If there is expectoration, its character is of importance.

In the treatment of a cough the *cause* should always be in mind. The taking of cough-medicines and cough-candies is often a mischievous practice. First, find out *why* the cough exists, and treat the source of irritation. As a rule, nauseating cough syrups should be avoided.

CORNES.

There are two kinds of corns—hard and soft.

HARD CORNS are located on the exposed surfaces of the toe or foot, and are caused by the continued pressure of ill-fitting shoes.

SOFT CORNS are generally located between the toes, and are caused by the toes being pressed in close contact, or they may result from lack of cleanliness.

Corns, like many other things, can be inherited. I know a lady who has a very annoying corn, peculiarly situated on one of her toes, and has suffered with it for over thirty years. Her mother and her grandmother,—to use her own words,—“had the same corn in the same place on the same toe of the same foot,”

and *her* daughter is also afflicted in precisely the same way. These corns, or, to be suggestive, "this corn," has caused more than one hundred years of suffering, and apparently has lost none of its vigor. To presume that all this suffering has been the result of wearing tight shoes, to serve the dictates of pride and fashion, is not without its moral.

TREATMENT.—There is no better application for corns than the "*German Corn Cure*," to be found in every drug store, either in bulk or in bottles. The formula is as follows:—

A—174.		
Salicylic acid,	30	grains
Collodion,	$\frac{1}{2}$	ounce
Extract cannabis indica,	10	grains.
Mix. Corn cure.		

It should be applied with a camel's hair brush every night for several days, and after soaking in warm water the corn can be removed in the form of a hard scab.

I am not prepared to say that corns are ever entirely cured. No matter how well they are uprooted, they have a tendency to grow again. Corn pads are excellent devices, and when carefully worn will often prevent the formation of corns; they can be procured at any drug store. A careful trimming of the hardened top from a corn will usually render it quite painless.

Soft corns are best treated by keeping the parts clean and dry, the latter being best accomplished by wearing a small piece of absorbent cotton or lamb's wool—procurable at any drug store—between the toes. A piece of fine sponge may be cut to fit and answer the same purpose.

The parts should be painted every day with *tincture of iodine* diluted one-half with alcohol, or with a solution of nitrate of silver (thirty grains to one drachm of water) every five days.

CROUP.

There are at least two varieties of croup, viz.: *False Croup* and *True Croup*.

FALSE CROUP, *Spasmodic Croup*, or *Night Croup* is most common in children between two and seven years of age.

There is in this variety no false membrane and but little constitutional disturbance, but the local symptoms are frequently alarming and serious.

CAUSE.—An inherited tendency is no doubt the most frequent cause of the disease. Some children are born croupy. Exposure to cold, catarrhal affections, breathing through the mouth, dry, mouldy, gassy, poorly ventilated rooms, and teething, may all be named as favoring attacks of croup.

SYMPTOMS.—This form of croup comes on suddenly. Perhaps the child went to bed somewhat indisposed and was more or less fretful, but went to sleep. Some time before midnight it awoke with a short, violent, ringing, barking, rapid cough, each inspiration being accompanied with a croupy noise peculiar to the complaint. The face is flushed, the pulse is rapid, and there is, perhaps, a slight fever.

The attack may last an hour, more or less. When it passes off the child goes to sleep and seems well, and will show no signs of the affection until the next attack, which may be before morning, the next night, or it may be a week, or may never occur.

The severity of the attacks and their frequency depend largely upon the croupy tendencies of the individual.

TREATMENT.—The room should be free from dust or gas and the air moist and warm. If steam is generated in the room, or, what is better, if water is poured on quicklime, relief will be greatly favored.

A warm bath will generally arrest the paroxysms at once, or, where this is not convenient, a hot mustard foot-bath will prove beneficial.

Cold cloths applied to the neck will sometimes benefit, but in some instances hot applications act better.

Emetics often afford great relief, and among the best are

Syrup of ipecac in teaspoonful doses repeated as necessary to produce relief or vomiting.

Or

Half-teaspoonful doses of *powdered alum* is a deservedly popular emetic in croup.

TRUE CROUP, or *Membranous Croup*, is an exceedingly grave disease. It consists of an inflammation of the throat, larynx, and bronchial tubes, characterized by the formation of a *false membrane* which interferes with respiration, and often proves fatal.

CAUSE.—Some persons seem to have a tendency to the complaint. When it is in a neighborhood, breathing cold, damp air favors its spread. Boys are more liable to it than girls. Almost all cases of the disease occur in children between the ages of two and seven years, but older persons frequently have it. One attack guarantees no immunity from future attacks.

SYMPTOMS.—True croup is easily recognized. It is usually preceded by slight symptoms of catarrh for a few days, or it may be of only a few hours' duration. The croup proper begins with a sensation of pain, uneasiness in the throat, accompanied by hoarseness and cough. The cough has a harsh or clanging sound, quite like the bark of a dog, and there is little or no expectoration. There is more or less fever. The throat is sore, and by the second or third day the difficulty of breathing becomes well marked. There are paroxysms of difficult breathing in which strangulation seems imminent. After a short struggle apparently with death, the parts relax and breathing is more easy. The exhaustion is usually well marked. The disease is much worse at night.

The false membrane may come away in shreds or flakes, or it may come away as a hollow cast, shaped like the parts from which it was coughed up. In favorable cases it is coughed up in five or six days, and its ejection is followed by marked improvement. If the membrane reforms, it is an unfavorable sign. Death may result in from two to ten days, and where recovery takes place, convalescence is slow, months often elapsing before sound health is restored.

TREATMENT.—Prompt and efficient measures should always be resorted to in true croup. A physician should be called in at the commencement of the case.

A catarrh with a peculiar, uncommon, barking cough should always be carefully watched. The patient should be kept in bed, and the atmosphere of the room kept moist by the aid of hot

water on the stove, or what is far better, a steam atomizer may be constantly used. If no stove is in the room, steam may be generated by placing a vessel of water over an alcohol lamp. A tablespoonful of spirits of turpentine placed on the surface of the water, every hour or less, is to be recommended; or the vapor given off by pouring water on unslacked lime is extremely useful. The water and lime may be put in a teapot, and the spout directed near the patient's mouth or nostrils, or the mixture may be placed in a bowl and the bowl placed in bed and a sheet thrown over the patient. Emetics are almost always necessary, and the best one for general use is *syrup of ipecac*, which should be given every few minutes until vomiting is induced. *Turpeth mineral* (yellow sulphate of mercury) is said to be the most efficient emetic in croup, and in some places druggists keep it done up for sale in powders, under the name of "*Croup Powders*." One to three grains is a dose for a child three or four years old, to be repeated in a few minutes if the first dose fails to act. Powdered *alum*, in half-teaspoonful doses, stirred in a little milk, and repeated if necessary, is an efficient emetic in croup. Cloths, the size of a handkerchief, wrung out in hot water and applied to the throat will often prove beneficial, but cold applications for strong children with high fever will answer better.

Supporting measures are often necessary, and tincture of iron, quinine, and chlorate of potash, especially after the first stages have passed, are given in most cases. It should never be forgotten that true croup is a very dangerous disease. A majority of children who contract it die. A fatal termination is almost inevitable in children under two years.

Tracheotomy has attracted a great deal of attention during the past few years in this disease. It consists of opening the wind-pipe in front of the neck, and below the locality covered by the false membrane. This admits of the free passage of air to and from the lungs, and bids fair to lessen the mortality in this affection. It should not be resorted to until life is in great danger, and no rules can be laid down here for this operation. The chances are always unfavorable, and the physician should be allowed to use his discretion in all cases.

DEBILITY.

Debility is a *condition* rather than a disease. We speak of General Debility as indicating an impaired condition of the entire system; the muscle is flabby and weak and there is a general loss of strength, vigor, and vital force. It is well illustrated by premature old age, brought on by over-fatigue, hard work, exposure, or the more frequent factor, worry of mind. It is often the result of diseases which tax the physical force and weaken the powers of endurance and resistance.

While debility is amenable to treatment, recovery should not be expected altogether by the use of drugs.

The great remedies for debility are rest, good diet, recreation, and a change of surroundings.

It is a grave mistake to resort to stimulants in debility. Their effect is only temporary, and the danger of forming a destroying habit is always very great.

Quinine, arsenic, iron, and bitter tonics, are often of service. In their use it should be borne in mind that small doses long continued are much more beneficial than when large doses are taken.

Fatigue of every sort should be avoided, and, as far as possible, the mind should be free from care.

DECLINE.

The word Decline, in popular language, refers to a gradual failure of the powers of life. It is not exactly synonymous with consumption, yet most of the cases where the term is used are of a consumptive type. The term is much less used than formerly, because it expresses a condition and not a disease; and as diseases are much more often identified now than formerly, we call them by their names and have less use for general terms.

DELIRIUM.**STUPOR.****COMA.**

DELIRIUM consists of a wandering of the mind, and is to be expected in the course of diseases marked by high fever, great prostration, nervous excitement, or involvement of the brain. It may be quiet, active, fierce, or of an inanimate nature, as in extreme prostration and collapse. It takes the trained experience of the physician to gain much benefit from the state of a person's mind. A severe headache and fever will suffice to upset the equilibrium of some persons, while the mental make-up of others is so stable that the throes of disease seldom unsettle it.

STUPOR consists of a drowsy or blunted state of the mind from which it is difficult to arouse the patient. It is met with in severe brain diseases, in low conditions of a typhoid type, and as a result of narcotic poisoning.

COMA consists of complete loss of consciousness, perception, and will power. The most complete forms of coma are seen in apoplexy. It may result from narcotic poisoning and brain diseases.

These conditions always occasion alarm, and excite apprehensions in regard to the outcome of the disease.

Delirium is more apt to occur at night. Its presence is generally associated with high temperature, great weakness, intense suffering, or marked nervous disturbance.

The treatment must always consist of an effort to remove the cause, and so manage the surroundings of the patient that no external causes exist.

DELIRIUM TREMENS.

Delirium tremens, *mania a potu*, or *acute alcoholism*, is always the result of the excessive use of alcoholic stimulants.

Abruptly withdrawing alcohol during a debauch sometimes provokes it; on the other hand, continuing a debauch too long

will produce it. The only immunity is avoiding the cause altogether.

TREATMENT.—When such a condition is threatened every effort should be made to prevent its occurrence. A physician should always be summoned, as it is a very dangerous disease, especially if it is the third or fourth attack.

The things to be done are :—

1. Feed the patient.
2. Get him quiet.
3. Get him to sleep.

A few hours' sleep will cure him, and physicians employ large doses of bromides, chloral, digitalis, and chloroform, to produce it—too large for the laity to administer.

The first attack is usually recovered from ; later attacks are apt to prove fatal, or end in idiocy.

“ Witnessing the agonies of this disease would prevent, it would seem, over-indulgence in alcoholic beverages. That *anything* should be the cause of such tortures of mind and body as alcohol produces in cases of this kind, should forever condemn it to the list of *poisons*. The warning may be too late for the sufferer, but for those who witness his agonies, the lesson is a powerful one.”

DIABETES.

There are two varieties of this affection ; the insipid, or *Diabetes Insipidus*, and the saccharine, or *Diabetes Mellitus*. Both forms have two characteristic symptoms—an inordinate increase in the flow of urine, and a persistent increase of thirst.

Diabetes insipidus is an increase in quantity of the urine, which is colorless and of low specific gravity. The increase amounts, in some instances, to fifteen or twenty quarts. Diabetes mellitus not only is attended with profuse urination, but the fluid is surcharged with sugar ; the presence of which greatly increases the specific gravity. Sometimes the quantity of saccharine material reaches two ounces to the pint. Cases are on record where the flow of urine amounted to six or eight gallons, or nearly one-half the entire weight of the patient during twenty-four hours.

CAUSE.—Various influences may produce diabetes, such as exposure to cold, sudden checking of perspiration, the use of intoxicants. Sometimes brain or spinal diseases or injuries tend to produce it. It seems to be necessary that a predisposition to the disease exists, or these things would not produce it. The morbid conditions which exist in the kidneys and other organs are very complex, and not very well understood. Men are more subject to the disease than women.

SYMPTOMS.—As before stated, the most prominent symptoms are the increased urination, the great thirst, and in the saccharine variety of the disease, the presence of sugar in the fluid discharged. These symptoms are continuous, night and day. The skin becomes dry and harsh, and marked emaciation takes place. There is a feeling of emptiness, and great hunger often rivals the thirst. Constipation, debility, chills, irritable temper, a tendency to boils and carbuncles, and defective sight, with a long train of occasional symptoms, appear in this disease. It may last for a few weeks only, and recovery follow, or it may continue for years. The disease, however, is a serious one, and in the majority of cases, the duties of life often become a burden, the strength fails, and death results.

TREATMENT.—Much more can be done by strictly regulating the diet than by any medicinal agents; especially in the sugary form of the disease. Sugar, and vegetables containing starch, should be absolutely avoided.

Green vegetables, meat, oysters, eggs, and milk, should largely compose the diet. Both kinds of potatoes, peas, beans, turnips, and root vegetables, should not be used. *Bread made from gluten flour, bran, or whole wheat,* may be used, but ordinary bread should not be eaten. A diet of *skimmed milk* exclusively has been highly recommended. *Buttermilk* may be used instead, when procurable.

Plain soda water, and the various mineral waters, may be freely drank.

Moderate exercise in the open air, *friction* to the skin, living in *well-ventilated houses,* and attention to the *secretions,* are all-important to those having this disease.

Saccharin has been much used as a substitute for sugar for diabetic subjects. One or two grains will sweeten a cup of tea or coffee, as its flavoring powers are about 300 times greater than sugar; furthermore, it seems harmless, and there is no reason why its use should not be resorted to at all times, in this disease. It can be bought in soluble tablets, or, if these are not procurable, the following may be used:—

A—182.—TO SWEETEN TEA OR COFFEE.

Saccharin,	30 grains
Glycerine,	4 ounces.
Dissolve.	

One teaspoonful of the above solution will prove sufficient for a cup of tea or coffee. The glycerine not only dissolves the saccharin, but is sweetening, and is sometimes used for this very purpose by persons in health. There have been many remedies proposed for diabetes, but no specific has yet been discovered. I am aware that many proprietary articles are on the market, but I have no faith in any of them.

Water slightly acidulated with *phosphoric acid* is useful to quench the thirst. *Iron, cod-liver oil, quinine*, the various *mineral waters, arsenic*, and *opium* in small doses, have all been used with more or less benefit.

Salicylate of soda, ten or fifteen grains three times a day, has been recommended by high authority.

DIARRHŒA.

Diarrhœa is characterized by excessive discharges from, or looseness of, the bowels, and is so common that it needs no description.

CAUSE.—Over-eating and eating improper food, especially during summer months; unripe vegetables, impure water, and unhealthy climate, are prolific causes of diarrhœa.

SYMPTOMS.—Excessive and frequent stools attended with more or less pain.

The discharges may be bilious, watery, slimy, or consist of undigested food. These symptoms relate to simple diarrhœa.

TREATMENT.—In the treatment of diarrhœa it should be remem-

bered that it is often only an effort of nature to get rid of offensive material. *Rest in bed* is often all that is necessary. If there is no pain, a laxative, such as *castor oil* or *rhubarb*, may be given.

When there is pain or uneasiness some corrective, such as the "*Sun cholera mixture*," should be given. *Essence of peppermint* and *essence of Jamaica ginger* are popular household remedies. Where the trouble is due to impure water they are quite useful. They should not be taken habitually, however; it partakes too much of tipping. *Ginger tea*, *peppermint tea* and other mild correctives, and an early resort to rest and quietness, will often cut short an attack. Where there is acidity *magnesia* should be given.

Blue pill, *magnesia*, *charcoal*, *chalk mixture*, *castor oil*, and *rhubarb*, are all useful in this complaint.

As a rule diarrhœa should not be checked, but sometimes it is necessary. The following may be used if it has been running for several days:—

A—183.

Tincture of catechu,	2 drachms
Paregoric,	2 drachms
Compound syrup of rhubarb,	1½ ounces.

Dose.—One or two teaspoonfuls every two or three hours.

A dose of *castor oil*, in which is put five drops of *laudanum* and a pinch of *baking soda*, will often cut short an attack of diarrhœa if taken early.

Or

Eating *dry wheat flour* is resorted to with asserted success for diarrhœa and dysentery, in sections remote from medical aid. The cause must be removed in all cases before a complete cure can be effected. Bad drinking water must be avoided, unwholesome food discarded, and bad sanitary conditions removed.

CHRONIC DIARRHŒA.—In every neighborhood there are a few cases of chronic diarrhœa, the origin of which can usually be traced to some spell of sickness or some severe exposure. Many cases now exist as sequels of exposure in war time.

These cases are very difficult to cure, because it is impossible, as a rule, to get those afflicted to adhere to any one treatment long enough to receive any practical benefit therefrom. *Strict*

diet, moderate exercise, and tonic, alterative, and astringent medicines, are useful. Faithfully following the advice of some good physician will often result in a cure.

DIPHTHERIA.

Diphtheria is a constitutional disease, with a special tendency to the throat. It is also known as *Putrid Sore Throat, Creeping Croup. Sore Throat* sometimes prevails as an epidemic and assumes a *diphtheritic* nature. At times it is a very serious and often fatal disease. Washington, the Empress Josephine, and Stephanie, the beautiful queen of Portugal, were all its victims.

Sometimes it is very mild in its action, and at other times proves a veritable scourge, especially among children.

CAUSE.—Diphtheria is highly contagious. Every possible means must be employed to prevent its spread. Isolation, cleanliness and a thorough disinfection are imperative.

We know that when it gets into a town it is apt to spread more or less, and that when it attacks a family of children more than one is liable to contract the disease. The larger the family the more virulent seems to be the nature of the disease oftentimes. Through what medium it travels is often difficult to decide. But it does travel, and like a carnage; it will be a good thing when physicians and people recognize the fact. Children are very liable to it, adults quite exempt. Crowding together, as in towns and cities, favors its development, and compact sections are often greatly afflicted. When it prevails in a town or neighborhood to any extent, the schools and churches should be closed or quarantined. Climate or season influence it but little. Parents must not think that if they isolate their children they will be free from danger. As intimated above, the medium through which the poison travels is unknown, and strict hygienic measures should be used in connection with isolation. Bad ventilation, damp houses, and filth, are great promoters of the disease. Sanitary measures are imperative when this disease prevails, and should be kept up for a long time after it has subsided.

SYMPTOMS.—The disease begins with languor and uneasiness,

sore throat, swelling of the glands of the neck, furred tongue, constipation, thirst, and fever, which, however, may not appear for some days; headache and difficulty of swallowing; throat swollen, red and purple; about the second or third day yellow, white, or ash-colored spots begin to form and spread in the throat, and a thick membrane resembling a piece of wet chamois or buckskin covers the parts, which are generally much swollen.

This false membrane loosens in eight or nine days and recovery begins. There is, during the disease, a thin, irritating discharge from the nostrils. Children often have a croupous cough, and great difficulty in breathing. They will become livid and the strangulation may result in death. The croupous form of the disease is very fatal with children.

The malignant form is attended from the start with severe headache, high fever, nausea, vomiting, great prostration, and offensive breath, the throat being covered with a leathery coating. This form of the disease is apt to prove fatal. It should be stated that the symptoms of diphtheria are not uniform; in mild cases not many are present; in the worst cases the centres of life yield to the disease before the symptoms become marked. Wounds and abrasions of all kinds on the patient or his attendant are liable to become poisoned with its virus.

TREATMENT.—The use of *antitoxin* has reduced the death rate from about 40 per cent. to 10 per cent. in cases of diphtheria. The sooner antitoxin is used the more effective it is in benefiting the patient. These facts place antitoxin as the chief dependence in this disease, indeed some assert that it is criminal not to use it. So great is the confidence in antitoxin that in many localities it is furnished to the poor at public expense. None but a physician can correctly use antitoxin. It is not only curative, but is preventive of the disease. Its use therefore includes the treatment of those who already have diphtheria and those who have been exposed to its contagion to render them immune. Antitoxin is furnished by druggists in one dose packages ranging from 500 to 5,000 units suited to various conditions and stages of the disease. It is needless to add that a physician should always be called at once where diphtheria is suspected.

If constipation exists, a purgative is proper. If the fever is high, sponging the body will prove beneficial. Water may be freely drank. Feed systematically and liberally with liquid food, such as milk, beef tea, chicken broth, etc. If the patient cannot swallow, the doctor must aid in administering food.

The best local application is *peroxide of hydrogen* diluted one-third with water, applied with a swab or a spray atomizer, diluted, with four parts of water. Peroxide of hydrogen ranks next to antitoxin and should be used from the start. Sometimes *ice bags* to the neck are needed, and small pieces of ice in the mouth are extremely beneficial. A solution of *boric acid* is an efficient local application. *Lime water* is also a good local spray. Much good will often result from generating steam in the room especially the steam from slacking lime, a piece being slacked at a time and the steam directed to the mouth several times a day. The fumes of carbolic acid, oil eucalyptus or turpentine, produced by being put in hot water, are often beneficial. Quinine, iron and strychnia are often required to maintain the strength.

The patient should be kept quiet and comfortably warm in bed. When convalescence takes place, care should be exercised not to cause a relapse by exposure. The sick room should be kept moderately cool and the air fresh. Plenty of fresh air is imperative. All woodwork of the room should be frequently washed and all discharges destroyed. All clothing should be boiled and a thorough disinfection made, regarding which the Health Board should be consulted.

If death occurs the body should be kept moist, as infectious material spreads more when dry. Those who handle such bodies should keep their mouths closed, talking should be avoided and cotton inserted in the nostrils and frequently renewed is advisable when there seems to be special malignancy.

Care should be used during convalescence to avoid heart failure. Rest in bed, nourishing diet, and tonic remedies should follow severe cases.

DROPSY.

Dropsy consists of an accumulation of watery fluid, from the blood, in the interstices of the tissues, or in some of the cavities of the body.

Names are given to the various forms of dropsy to correspond with the location of the accumulated fluid : as *hydrocephalus*, dropsy of the head; *ascites*, of the abdomen; *hydrothorax*, of the chest; *anasarca*, general dropsy; *œdema*, a watery swelling of the body.

CAUSE.—Diseases of the heart, lungs, kidneys, or blood vessels; general debility, insufficient food, chronic diseases, chronic discharges, or anything which impoverishes or interferes with the flow of the blood, tends to provoke dropsy. It should not be forgotten that dropsy is only a symptom of some morbid condition.

TREATMENT.—There are three indications in the treatment of dropsy, viz: The removal of the accumulated fluid, the cure of the disease which causes it, and the improvement in the general health of the patient.

To remove the accumulated fluid, diuretics, diaphoretics, purgatives, and “tapping,” are made use of to suit individual cases.

Cream of tartar, infusion of broom, juniper berries, digitalis, squill, pipsissewa, jalap, and many other remedies are prescribed. One-third teaspoonful doses of cream of tartar twice a day, or where a purgative effect is desired, teaspoonful doses of compound jalap powder may be used with benefit.

Or

One-half teaspoonful doses of *fluid extract of broom*, three or four times a day.

Or

Tincture of digitalis, taken in doses to suit individual cases, is a remedy of great utility. Sometimes digitalis in combination with squill will prove the best remedy that can be employed.

Or

Tapping is sometimes necessary, and should always be done by a physician.

It is often difficult to remove the cause of dropsy. It is some-

times due to broken down conditions of important organs, and does not admit of repair.

Digitalis and *nux vomica* are perhaps useful in a greater number of cases of dropsy than any other remedies. Their careful administration seldom fails to benefit.

In the improvement of the general health, however, rests the strongest factor in overcoming dropsy. It is a symptom of debility, no matter how serious an organic disease may co-exist. Iron and other tonics; out-of-door air; the best sanitary conditions; warm clothing, and an abundance of wholesome, easily digested food, should all be utilized. The feet should be kept warm and dry. Undue pressure at any one point should be avoided; but gently rubbing the swollen limbs from below upward will prove beneficial. A soft flannel bandage carefully applied will assist in giving tone to the affected part.

DROWNING.

A human being, if submerged in water, will usually die in less than one minute. Some will live for a longer time, however, and cases are on record where life has been restored after remaining under water ten or even twenty minutes. Contrary to what is commonly supposed, learning to swim does not lessen the danger of drowning. The over-confidence and daring which skill in the art of swimming begets, cost more lives than are lost from not knowing how to swim. The better a person can swim, the more apt he is to meet death in the water.

When a person is thought to be drowning no time should be lost in rescuing him by any means possible. Seconds count amazingly at such a time.

When they are on shore a faithful and persistent effort should be made to restore them, even if they are apparently dead. Artificial respiration, and the application of heat and friction, should be kept up for at least two hours, even when there are no signs of life.

Restoration consists of emptying the mouth, throat, and lungs, of water or other substances; bringing about respiration by keeping

it up artificially, and restoring the circulation by the application of heat and friction to the surface of the body.

A number of plans have been published suited to cases of drowning, but the following is as good as any:—

1. Remove all obstructions to breathing. Instantly loosen or cut apart all neck or waist bands, turn the patient on his face with the head down hill, stand astride the hips with your face toward his head and locking your fingers together under his belly, raise the body as high as you can without lifting the forehead off the ground, and give the body a smart jerk to remove mucus from the throat and water from the windpipe; hold the body suspended long enough to slowly count one, two, three, four, five, six, repeating the jerk more gently two or three times.

2. Place the patient on the ground face downward, and maintaining all the while your position astride the body, grasp the points of the shoulders by the clothing; or, if the body is naked, thrust your fingers into the armpits, clasping your thumbs over the points of the shoulders and raise the chest as high as you can without lifting the head quite off the ground, holding it long enough to slowly count one, two, three. Replace the body on the ground with the forehead on the bent arm, the neck straightened out, and the mouth and nose free. Place your elbows against your knees and your hands upon the sides of the patient's chest over the lower ribs and press downward and inward with increasing force long enough to slowly count one, two. Then suddenly let go, grasp the shoulders as before, and raise the chest, then press upon the ribs, etc. These alternate movements should be repeated ten to fifteen times a minute for an hour at least, unless breathing is restored sooner. Use the same regularity as in natural breathing.

3. After breathing is commenced restore the animal heat. Wrap the patient in warm blankets, apply bottles of hot water, hot bricks, or anything to restore heat. Warm the head nearly as fast as the body, lest convulsions come on. Rubbing the body with warm cloths or the hand, and slapping the fleshy parts, may assist to restore warmth and the breathing also. If the patient

can surely swallow, give hot coffee, tea, or milk. Give spirits sparingly, if at all. Place the patient in a warm bed and give him plenty of fresh air and keep him quiet.

DYSENTERY.

Dysentery is an inflammatory affection of the lower bowel. It may be either *acute* or *chronic*, and attacks persons of any age.

CAUSE.—Perhaps no disease is so dependent upon climate as dysentery. Whenever or wherever heat, moisture, vegetable decomposition and sudden atmospheric changes are, there will be found more or less of this affection. Therefore, it is a hot-climate or hot-weather disease. In tropical climates it often becomes almost a scourge. In the temperate sections of our country it is largely confined to the months of July, August, and September. Sometimes it exists as an epidemic, and strict sanitary measures should be employed. It is often a concomitant of malaria. Eating unripe fruit, unwholesome food, and drinking impure water are often the cause of it.

SYMPTOMS.—Frequent desire to evacuate the bowels, attended with pain, griping, and straining of the lower bowel, and the passage of small quantities of mucus and blood. The abdomen is tender and sore, there is more or less fever, and if the disease continues, debility will result.

TREATMENT.—Rest in bed is imperative in this disease. None but pure water should be drank. The diet should be nourishing, but bland. Boiled milk, or what is better, peptonized milk, sago, corn starch, chicken broth, and beef tea may be taken. A mild laxative *at the very beginning* should be taken. A seidlitz powder, Rochelle salts, Epsom salts, or a dose of castor oil, to which is added a few drops of laudanum, are appropriate. Perhaps the last named is to be preferred.

The following is a remedy of exceptional curative power:—

A—190.—FOR DYSENTERY.

Aromatic sulphuric acid,	1 ounce
Saturated solution Epsom salts,	7 ounces.

Mix. A tablespoonful every two hours until it operates.

If there is much pain, one grain of morphine may be added to the above mixture.

A mustard plaster, or large, warm mush poultice should be placed on the abdomen.

Perhaps the best treatment for dysentery is *injections* of pure cold or warm water. About two or three pints should be carefully injected into the bowel every four or six hours. The result is often magical. If the discharge is quite bloody a teaspoonful of alum should be added to the injection. To inject the water, the patient should lie upon the back or left side, with the hips elevated and the head low. The injection should be slowly introduced from a fountain or bulb syringe, the nozzle of which should be covered with vaseline. In the absence of those accustomed to the use of the syringe, a physician should perform the injection.

Fifteen to 20 grains doses of *powdered ipecac* is a good old remedy, or the *Sun Cholera Mixture* after a laxative.

For *Chronic Dysentery*, 15 to 20 grains of *subnitrate of bismuth* before meals will be found excellent.

AMEBIC DYSENTERY is a parasitic disease of the intestines and liver. It is feebly communicative, enters the system most often in drinking-water. It prevails chiefly among men in southern climates.

SYMPTOMS. Slight fever, colicky pains, diarrhœa, liquid grayish, yellow or brown stools. Becomes chronic unless well treated.

TREATMENT.—Moderate amount of easily digested food, raw oysters, eggs, fowl, rice, and milk. Rest in bed. Medicated injections of *quinine*, *creolin*, etc., as ordered by the physician, Strict sanitary conditions are imperative.

DYSPEPSIA.

Dyspepsia and *Indigestion* are not exactly synonymous terms. Dyspepsia is a disease of which indigestion is only a symptom.

Dyspepsia may be constant, or it may come on in spells, the patient experiencing comparative freedom from it during the interim. It may be due to mere functional derangement of the

stomach or other organs, or it may be organic in its nature, involving structural changes in the stomach or other organs engaged in the digestive process.

Gastric Catarrh, Chronic Inflammation of the Stomach, and Ulcer of the Stomach are common conditions attending dyspepsia.

CHRONIC CATARRH OF THE STOMACH is the most common form of so-called dyspepsia.

It should be remembered that digestion is an extensive and complex process. The operation is not confined to the stomach. It consists of converting food into blood, muscle, bone, brain, and tissue; more than this—into thought, strength, force, and action. The process requires the co-operation of numerous organs, and is very complex.

CAUSE.—Dyspepsia may result from anything that interferes with or irritates the digestive process. Most of the cases result from one of the following causes:—

Eating or drinking too much.

Eating or drinking improper things.

Eating in an improper manner.

Eating or drinking too little.

An inherited tendency to the disease.

Overwork.

Weakening indulgences.

Worry.

Close confinement.

Taking too much medicine.

These things have been dwelt upon so much in every form of literature, that it seems almost useless to comment upon them here.

Eating too little is not often considered in this connection, but I am quite sure that a great many cases of dyspepsia owe their existence to a diet too scanty. Between eating too little and eating too much, there is a happy medium, which the dictates of appetite and common judgment should regulate. Failure to masticate food is a prolific source of dyspepsia. The use of tonics, cathartics, and the so-called blood purifiers, is pernicious to the stomach.

SYMPTOMS.—There is no organ or part of the body that does not suffer when the digestion is deranged. When we consider that dyspepsia may result from some slight nervous disorder; some habit of diet; from a catarrhal condition of the stomach; from general debility, and a thousand other things, and each cause bringing with it a whole train of symptoms, we must be prepared to expect that the disease is likely to present almost any combination of symptoms.

More or less pain is always experienced. As a rule it is not very pronounced, but always provokes discomfort. It is often much worse when the stomach is empty, and is of a gnawing, uneasy, hungry nature. Sometimes the pain is sharp and weakening. A morbid appetite is almost constant in dyspepsia. At times it is entirely wanting, at other times it is voracious or craving, and partaking of food fails to satisfy. The taste and appetite both fail in expressing the desires or needs of the system. There is often a sense of satisfaction following the act of eating, which is followed in an hour or two by feelings of distress in the region of the stomach. The stomach becomes distended with gas, the mind becomes clouded, and the feelings miserable. Eructations of gas, and sour food, add greatly to the discomfort. The tongue is furred, large and flabby, or red and tender looking. Heartburn, waterbrash, nausea, and sometimes vomiting are natural symptoms of the complaint. Headache, of various kinds, is of common occurrence. Sometimes it amounts to severe attacks of sick-headache, sometimes it is a sense of fullness in the head, all the finer senses being blunted. The mind is disturbed and befuddled, it being impossible to follow a consecutive line of thought, to read a book intently, to hold in mind the items of every-day affairs, or to concentrate the mind, as in adding up figures or following technical ideas.

Attacks of biliousness, vertigo, melancholy, constipation, palpitation and sleeplessness are common experiences with the dyspeptic. There is often a hacking cough, with catarrhal conditions of the throat and nose. The so-called "liver cough" is more often due to stomach than to liver derangements.

Dyspeptics are prone to mental forebodings in regard to

business affairs, and are cynical over social and moral matters. They are easily convinced that they are the victims of some serious malady. They are *naturally sick*. Their thoughts and conversation are in the line of their health. One day they will imagine they have neuralgia, the next they will have malaria, the next day perhaps nervous prostration, general debility, liver complaint, heart disease, decline or consumption. This fanciful drifting among imaginary disorders is very characteristic of dyspepsia.

TREATMENT.—Perhaps in no disease are persons so apt to avoid professional advice, and take their case in their own hands, and manage it to suit themselves, as victims of dyspepsia. They generally try one thing, then another, and adhere to nothing long enough to give it a fair test. A lady of my acquaintance some time ago remarked, that, “she had tried all the patent medicines she ever heard of except one, and was going to try that, and she hoped it would cure her.” This was rather an exceptional case, but it is a custom, almost universal among dyspeptics, to migrate from one physician to another, and from one medicine to another, with a special proclivity for quacks, until the fancy for some new remedy becomes a habit; a custom as pernicious as it is expensive.

There are but two practical, sensible plans for a dyspeptic to adopt in order to better his condition. One plan consists in doing nothing. Let the dyspeptic forget the disease, forget even that he has a stomach; pay no attention to the complaint whatever, eat whatever he desires, and eat all he wants, and take the world easy. Enter into an iron-clad contract, for at least twelve months, to lead a happy life; that during that time he will not allude to his dyspepsia, not even in his own family; that he will not count his pulse, look at his tongue, read a patent medicine advertisement or almanac, enter a drug store, take a dose of medicine (except for some other disease), test his lungs, weigh himself or say that he feels bad. I am thoroughly convinced that to thousands of suffering dyspeptics this is the most wholesome advice that can be given, and that in numberless cases its salutary effect can be proved.

The other plan is to obtain an intelligent and correct knowledge of the nature of the complaint, and candidly consider the steps necessary to overcome it. Don't begin to do anything until the true nature of the disease, and the exciting causes which produced it are fully decided upon. When this is accomplished, the treatment should begin. The disease should be nursed just as carefully, every little irritation be just as quickly counteracted, and every whim and fancy of the sensitive stomach as faithfully watched and attended to, as if it was a newborn babe. Indeed, the analogy admits of comparison.

The clothing of the body must be suited to the season; fresh air and moderate out-of-door exercise are indispensable; the food must conform to the most rigid rules of diet; the secretions must be carefully regulated; the action of the skin and bowels should receive special attention; the natural selections of the stomach should be catered to in every particular, and the mind should be kept cheerful and contented. A good physician should be consulted, and his advice faithfully followed. Hygienic measures of every kind should be carried out.

All stimulants, tobacco, tea, coffee, bad habits, excesses of every kind; late hours, ice cream, nuts, and eating between meals or at improper hours must be abandoned. The diet should be ample, wholesome, and composed of such articles as are agreeable to each individual stomach. As a rule, liquid foods are not appropriate. The aim should not be so much to discard those things which disagree with the stomach, as to seek after what is relished and agreeable. Consult the *likes*, not the *dislikes*, of the palate. But little liquids should be taken at meal-time, and these should be neither cold nor hot. The food should be well chewed and insalivated.

Such dishes as rich soups, fried foods, pork, hashes, stews, turkey, sweet potatoes, all starchy and sugary articles, gravies, sauces, desserts, pies, pastries, puddings, stimulants of all kinds, and uncooked vegetables, are to be avoided. Plain, substantial food, well cooked and of considerable variety, should be eaten.

Water should be freely drank on rising in the morning, between meals, and on going to bed at night.

The medical treatment must be of the simplest nature, and naturally divides itself into two parts—the treatment of unpleasant symptoms as they arise, and of the disease itself. If vomiting occurs, and some dyspeptics are so troubled, *pepsin* and *pancreatin* may be tried. A mustard plaster over the stomach is often the best remedy for nausea and sick stomach.

When dyspepsia is due to a catarrhal condition of the stomach, one of the following will often prove beneficial. One may be tried and then another, but the dose should not exceed that named; to be taken just before eating:—

One-drop doses *carbolic acid* are extremely useful in some cases.

One-drop doses *Fowler's solution* of arsenic.

One-drop doses *wine of ipecac*.

One-drop doses *tincture of iodine*.

Five-grain doses *oxalate of cerium*.

Five-grain doses *subnitrate of bismuth*.

Constipation must be overcome without subjecting the stomach to the irritating action of purgative drugs.

Enemas should be used in all cases, except in cases of torpid liver, when *podophyllin* is to be preferred.

When the intestinal tract is inactive *nux vomica* will prove beneficial. In every drug store may be found pills containing both of these medicines, in combination with belladonna, or hyoscyamus, which forms a most desirable compound. They should be taken in laxative doses only.

Flatulency may be relieved by—

Five-drop doses turpentine, on sugar.

Three-drop doses chloroform, on sugar.

Small doses of *asafoetida*.

Acidity of the stomach is best relieved by the use of *charcoal* tablets. Severe cases may call for the use of *magnesia* or small doses of *bicarbonate of soda*. The last two articles are not suited to continued use, however. It is best to prevent sour stomach by avoiding those things which produce it.

Pain in the stomach and bowels may be relieved by small doses of *essence of peppermint* in warm water.

The treatment of the disease itself with medicine requires skill and judgment of the rarer resort.

Not one dose of medicine should be given unless the nature of the cause is well established in the mind. Were we to look within a number of dyspeptics we should witness a great variety of conditions. In some, the coating of the stomach would be found covered with mucus and slime, so that the gastric juice could not penetrate through into the cavity of the stomach; again, the coating of the stomach would be found clean, but red, and inflamed; in others, the secretions of the intestinal tract would be found greatly impaired; in some would be found a disturbed nervous system; and in others a worried mind, with either of which the stomach and other digestive organs are ready sympathizers. Perhaps the catarrhal condition of the stomach, and the nervous variety of dyspepsia, are the most common forms. Perhaps a majority of the cases of dyspepsia are due to nervous derangement, which manifests itself by disorder of the stomach, somewhat as, in catching cold, it is apt to settle in the throat or nasal passages. Enough has been said to demonstrate the complexity of the disease.

The following remedies are much used by the profession, and if properly administered will relieve a large number of cases: A pint of *hot water* drank four times daily; the first pint on rising; the second, one or two hours before dinner; the third, one or two hours before supper; and the fourth pint at bed-time. A little salt added to the water will increase its efficacy. This treatment should be persisted in for a long time, and seldom fails to benefit.

Or

Laxative *mineral water*, taken early in the morning on an empty stomach, will be found very useful in most cases of dyspepsia.

Or

A teaspoonful of *common salt* taken in water, before breakfast, and a less amount before each meal, will often, but not always, have a very salutary effect on the digestion.

Or

Five grains of *subnitrate of bismuth* taken before meals, is perhaps the very best remedy where there is pain in the stomach accompanied with nervousness.

Or

Ten-drop doses of compound fluid extract of *gentian* will be found useful in dyspepsia, when attended with loss of appetite and debility.

Or

Ten-drop doses of *dilute muriatic acid*, well diluted, before meals, often give the most happy results.

Or

Liquid *pepsin*, liquid *pancreatin*, or one of the numerous pepsin preparations may be tried.

Or

One drop of Fowler's solution of *arsenic* before meals is exceptionally useful.

Or

Three to five drops of tincture of *nux vomica* at meal-time is well suited to most all forms of dyspepsia. Two or three drops added to the hot water draughts, before alluded to, will greatly increase the tonic qualities of the water.

Or

Small doses of *asafoetida* will be found well adapted in hysterical dyspeptics, and for those advanced in years. If there is anæmia, preparations of iron should be used, or if malaria, quinine and other antiperiodics.

Dyspeptics should remember that digestion is much more easy to the stomach when the body and mind are neither of them fatigued. The morning meal should precede any active exercise, and a nap after dinner is to be commended. A cessation from work, of both mind and body, should precede and follow each meal.

EAR DISEASES.

EARACHE.

Earache, or *Otalgia*, is largely confined to childhood. It consists of a very distressing pain of a boring, shooting nature, attended with a roaring, cracking noise.

CAUSE.—Exposure to cold, especially during recovery from

acute attacks of disease. Decayed teeth are occasionally at fault. Sometimes small abscesses form, and the discharge of their contents gives prompt relief.

Earache is too often overlooked in babies, who are unable to make known their feelings.

TREATMENT.—*Hot applications* are beneficial. Dry heat in the shape of folded towels, or a hot plate wrapped in cloths will often relieve.

Or

Perhaps the best treatment consists in pouring into the ear, from a spoon, water as hot as can be borne—not too hot—and as soon as it has cooled, renew the operation. Equal parts of glycerine and water is better than water alone.

Or

A hot roasted *onion* enclosed in a muslin rag held to the ear is a popular remedy.

Or

A bag of *hot salt*, or a flannel cloth wrung out in hot chamomile, or hop tea, will be apt to relieve.

Or

A few drops of *olive oil*, with two drops of laudanum, warmed in a spoon and dropped into the ear, is a common remedy.

When earache is of a neuralgic nature *quinine* will often prove curative.

RUNNING FROM THE EARS.

This affection, *Otorrhœa*, is quite common in childhood.

CAUSE.—It may result as a sequel of earache, “a gathering in the head,” scarlet fever, measles, colds, wearing cotton in the ears, or from a debilitated condition of the system.

TREATMENT.—The ears should be kept clean. This may be done by gently syringing them with Castile soap and warm water every morning. The cleansing process should be followed by injecting a weak solution of *alum* in warm water.

Or

A solution of *sulphate of zinc*, eight grains to four ounces of water, or a solution of the same strength of *sugar of lead*.

Or

Sometimes a solution of *common salt* in water will effect a cure.

Or

If the odor is offensive, a solution of *permanganate of potash*, ten grains to eight ounces of water.

All applications should be as warm as the body, and no active measures should be used without the advice of a physician.

The general health is almost always impaired in this affection, and quinine, iron, fresh air, and in summer, seashore life, will be found beneficial.

NOISES IN THE EAR.

This affection is often annoying, especially at night.

CAUSE.—It may result from a number of conditions. Among them are: accumulations of wax in the ear; closure of the Eustachian tube; anæmia; dyspepsia; constipation, and heart disease.

The noises are often peculiar.

TREATMENT.—Consists of *removing the cause*. When this is done the trouble will cease. If the buzzing is confined to one ear it is apt to be due to *local causes*, and a physician should be consulted.

FOREIGN BODIES IN THE EAR.

Beads, beans, corn, pebbles, dirt, pencils, insects, etc., are liable to find their way into the ears of children. Such substances have been known to remain in the ears for years. Such things should be *removed at once*, and a little native ingenuity will do more than following any set directions. Warm *soap-suds*, *olive oil*, or *glycerine* poured into the ear will kill insects, and they will generally come to the surface. If not, the ear should be washed out with *soap and water*, using a syringe. Knitting needles, sticks, or sharp-pointed instruments should never be used in the ear. The bent end of a hair-pin is about the only safe article to use in the ear. If an extended exploration is necessary, a physician should be called.

WAX IN THE EAR.

While wax is a natural secretion of the ear-tube, and ordinarily should be let alone, sometimes it becomes abundant and dry, interferes with the hearing and requires removing. This is easily done by the use of a small *syringe, soap and water*. The injecting should be *gently done*. After the ear has been washed out, it is best to drop two or three drops of glycerine or almond oil therein.

MEDDLING with the ear should not be indulged in. Aside from washing with water and a soft rag about the orifice, it should be *let alone*, except when it becomes the seat of disease. There is a thin membrane across the floor of the auditory canal about one-and-one-fourth inches within the ear, and if it be punctured the hearing becomes impaired. Putting wool and cotton in the ear is a bad practice and is to be condemned, except in rare instances.

EPILEPSY.

Epilepsy, *Convulsions*, or *Fits*, is a disease marked by paroxysms, which recur at irregular intervals, in which there is sudden and complete loss of consciousness, attended with convulsive movements. The philosophy of a "fit" is very complex. Perhaps to say that it is an "explosion of nerve force within the system," conveys as correct an idea of its character as any expression could.

CAUSE.—Hereditary influences are an important factor in this complaint. By this we do not mean that it takes fits to beget fits. It may be a legacy following the influence of consumption, syphilis, insanity, and other constitutional diseases, especially those involving the mental or nervous system. Among the immediate causes of the affection may be mentioned fright, injuries to the head, worms, and derangements of the digestive system. It should be remembered that the predisposition to the disease is no doubt essential, in nearly all genuine cases of fits.

SYMPTOMS.—It would require a volume to describe at length all the symptoms which result during the progress of epilepsy. Each individual case presents symptoms unlike other cases. Fits are

more common in young persons, but may occur at any age. They may be of almost constant occurrence, or only a few paroxysms may occur in a lifetime.

Sometimes the patient is aware that a spasm is coming, while others have no pronounced warning whatever. Most cases are ushered by a rapid succession of sensations beginning, perhaps, in the legs, or head, or vision, and from the starting point the "aura" develops into a feeling of terror, and the patient in an attempt to scream or start falls suddenly to the floor; the mouth foaming, the teeth grinding, the face flushed, the eyes rolling wildly; the breathing is difficult and the whole muscular system is contracted and convulsed. Sometimes the physical torture which the patient apparently suffers is extreme, filling with terror those unaccustomed to such demonstrations. Recovery from a paroxysm is gradual, leaving the patient dull in mind and inclined to sleep.

TREATMENT.—When a person falls in a fit, if he is subject to such attacks, but little need be done. Place the patient on his back, loosen his clothing, especially about the neck, place something between the teeth, if he is a tongue biter, and hold the limbs to prevent mischief. To sleep it off is the best process toward restoration.

The treatment to be adopted in order to cure the disease, of which the paroxysms are only a symptom, is a matter requiring skill and judgment of no ordinary sort.

It is important that everything possible be done to bring the general health as near perfection as possible. All exciting and depressing influences should be avoided. Out-of-door recreation and pleasant mental employment are to be desired.

The diet should be largely vegetable. It would be well to limit the meat diet to poultry and fish. The seashore is to be preferred to the mountains as a place of resort for the epileptic. It seems useless to mention that bathing is a dangerous exercise to a person subject to falling fits. All physical or mental strain should be avoided.

The medical treatment, as far as my experience is concerned, is not satisfactory. *Bromide of potash*, the best remedy so far discovered, should not satisfy the ambition of progressive medi-

cine; but bromide of potash is *the remedy* so far, and its use has increased the number of cures wonderfully during the past few years. Although scores of remedies have been recommended and used for epilepsy in years past, I have so little confidence in them that I do not consider them worth mentioning. They may well be forgotten. Just here an important point is to be developed. Epilepsy is one of those diseases which routine treatment will never benefit. No man can propose a line of treatment to be followed, the result of which will be successful. Too many physicians follow some set rules in treating this disease, and fail to cure. Each individual case must be intelligently studied. The causes of the disease must be diligently sought after. First, the original condition of mind or body whence such strange symptoms emanate. This often involves a search through intricate nerve and brain matter. Second, the exciting cause must also be ascertained. Why did the patient have three fits on Monday, six on Tuesday, none on Wednesday, and only a very faint one to-day? Will he have several to-morrow? If so, why will he have them? What can be done to transform the life of Monday into the life of yesterday? Is it the fault of the stomach, mind, or brain? These are questions for the physician to answer, and their unfolding bears a very close relation to curing the disease.

What must be done? *A certain equilibrium must be maintained until it becomes the habit of the patient.* This involves the correction of the nervous system, of the circulation and of the mind. The best medical treatment arrests the disease in about two-thirds of the cases; careless treatment is attended with much less success. What a mistake it is to resort to patent medicines! What an error to do nothing! The treatment ordinarily bestowed upon this disease consists of a short trial of first one thing, then another. Perhaps the family physician will be first tried; then somebody's "fit powders", then some "sovereign" remedy that may be lauded in print. Finally, the patient becomes a mental and physical wreck.

The only way to secure the best medical treatment is to consult a competent physician, and retain him—not as an experiment, not for a month or for a year, but for a lifetime. It is a poor

doctor, indeed, who will not interest himself in such cases when he realizes that they are a part of his permanent practice, and in no small degree represent his professional skill.

As before stated, bromide of potash is the best remedy now known for this complaint. It must be taken, however, to the point of "*bromism*"; that is, the system must be saturated with it. No set dose can be named, as each individual case requires an amount of the drug to suit itself. As a rule, from thirty to sixty grains or more per day are required to hold the spasms under subjection. While this is being done, the general health and the original cause of the disease are to be diligently looked after.

Iodide of potash, in large doses, often has a curative effect upon the disease.

Water should be freely drank, and if Vichy water can be afforded, it should be liberally used.

Galvanic electricity, when properly used, will often be of service.

Tonics, such as iron, quinine, arsenic and cod-liver oil are often useful in debilitated conditions of the system.

Female irregularities must be avoided. It is a notion with some people that marriage will cure fits. Such, however, is not the case. It is the plain duty of parents to prohibit, if possible, conjugal alliances of epileptic persons, as it is always an unwise experiment, pernicious to both society and posterity.

ERYSIPELAS.

This affection, also known as *St. Anthony's Fire*, or *Rose*, is characterized by a circumscribed, deep rose-colored inflammation of the skin and under-tissues. The skin is of a peculiar, smooth, shining, red color, and the outline of the margin of the affected surface is very distinct. The redness disappears on pressure, but rapidly returns when the pressure is removed.

A chill usually marks the beginning of an attack; and fever, headache, and constitutional symptoms are usually quite pronounced. It is most common on the face, and the swelling, discoloration, and consequent disfigurement are often shocking. When the brain becomes involved, the gravity of the disease is

greatly increased. It reaches its height about the third day, and by the eighth day convalescence begins. The cause of the disease is not easily expressed. It is feebly contagious. Some persons are predisposed to it, and it seems to spring up occasionally under circumstances favorable to its development, without any definite cause; one attack predisposes to future attacks.

TREATMENT.—A physician should always be summoned to treat this disease. The patient should be isolated, placed in a large, well-ventilated room, and have as few visitors as possible. Everything should be kept sweet and clean. When the physician is ready to leave, at the conclusion of his visit, he should be supplied with a basin of warm water, soap, and towel, to wash his hands. The most useful internal medicine for erysipelas is *tincture chloride of iron*, which must be given in large and regular doses. *Quinine* can often be combined with advantage.

Locally, the parts may be covered with *white lead ground in linseed oil*.

Or

A *clay poultice* is said to be extremely useful, made by mixing fine pure clay with water until it forms a paste.

Or

Tincture of *iodine*, *turpentine*, *oxide of zinc ointment*, *vaseline*.

Or the following—

A—205.—LOTION.

Sugar of lead,	5 grains
Landanum,	2 drachms
Water,	8 ounces.

Apply on lint.

Stimulants are unnecessary. A nourishing, but not stimulating, diet, should be secured.

DISEASES OF THE EYE.

Many volumes of the most elaborate kind have been written, treating of the eye. As a rule, it is best to consult a physician, or, better yet, an oculist, when there is anything the matter with the eyes. They are too delicate and too important to be treated by unskilled persons. Accommodating the sight by the use of

spectacles has become almost a perfect art. Their utility is being more and more appreciated, and their use adds greatly to human comfort and enjoyment.

INFLAMMATION OF THE EYES.

Ophthalmia, or *Conjunctivitis*, consists of an inflammation of the whole or part of one or both eyes. It may be acute or chronic; mild or severe; innocent, or virulent and contagious. It may be confined to the eyeball or a part of it, or it may involve simply the conjunctiva, the membrane which holds the eyelid to the eyeball.

When the inflammation is confined to, or embraces the structures of the eyeball, there is an intolerance of light, with pain, accompanied by a flow of tears and more or less disturbance of sight.

Inflammation of the lining membrane of the lid, or *Conjunctivitis*, is the most common form of sore eyes. The membrane becomes red and swollen, and the seat of scratching, itching and burning pain, with great tenderness.

Ophthalmia of the newborn is sometimes of a very virulent, contagious character, and requires the greatest care and attention to remedy it. When a babe is born with sore eyes, a physician should at once be called to treat it.

Chronic granular lids is a very common complaint and often difficult to cure.

The causes which lead to inflammation are very numerous. Disorders of the digestion, exposure to cold, injuries, straining the sight, unhealthy conditions of the system. When one eye is the seat of disease, the other eye, through sympathy, is apt to become involved in the same trouble.

TREATMENT.—When the inflammation involves the internal structure of the eye, a *solution of atropia* should be dropped in three or four times a day.

One grain of sulphate of atropia in one ounce of distilled water is of proper strength, and may be dropped into the eye with a medicine dropper.

No one but a physician or oculist should undertake to manage diseases of the eyeball.

Inflammation of the membrane of the eyes is best treated by astringent lotions; chronic cases requiring stronger lotions than acute. The following lotions may be used in almost all forms of conjunctivitis or inflamed sore eyes:—

Alum water, three to ten grains to the ounce.

Sulphate of copper water, one or two grains to the ounce.

Sulphate of zinc water, two grains to the ounce.

Borax water, five grains to the ounce.

Common salt, thirty grains to the ounce.

Cold tea makes a good eye wash in many cases.

Any of the above should be applied with a dropper three or four times a day.

Washing the eyes in cold water with a soft rag is very grateful to them when inflamed—sometimes hot water is even better.

Chronic granular lids often require a great amount of perseverance and skill. Strong solutions are sometimes necessary, but they should be used only under the direction of a physician.

Sometimes physicians find it necessary to apply strong lotions, or perhaps solid nitrate of silver less than full strength.

In addition to the above washes the following will be found useful:—

Ten grains of *boracic acid* dissolved in one ounce of water is an excellent eye wash for any form of inflammation.

Or

Perhaps the very best application is solid *blue stone* applied by a physician, the parts having previously been benumbed with cocaine.

Or

An ointment made by rubbing up ten grains of *yellow oxide of mercury* in half an ounce of prepared lard. Apply once a day.

Or

The following is said to be the formula of an English secret eye ointment, which I know to be excellent for granular lids. None but genuine materials should be used in its manufacture:—

A-208.—GOLDEN EYE OINTMENT.

Levigated red oxide of mercury,	20 grains
Prepared lard,	3 drachms
White wax,	1 drachm.

Melt the lard and the wax, and add the mercury and two drops strong solution of potash, and stir until cold. Lightly apply on the edges of the lids at night.

Cleanliness should be strictly followed, and a little vaseline applied to the edge of the lids will prevent adhesions during the night.

STYE.

A stye consists of a small inflammatory tumor or boil located on the edge of the eyelid, most often near the inner angle of the eye. The irritation, pain, and disfigurement are quite annoying.

TREATMENT.—Hot fomentations or small poultices wrapped in a thin linen cloth should be applied, and the contents of the stye let out early. Where there exists a predisposition to styes, tonics are generally needed. Washing the eyes in salt water or alum water will tend to prevent them. I know of nothing that will “cut short” a stye, although I have often been consulted on this point. A saturated solution of boracic acid may be tried. The treatment named for boils applies to the prevention and cure of styes.

FOREIGN BODIES IN THE EYE.

When any foreign substance finds its way into the eye it should be removed as soon as possible. If the offending substance is an acid it should be counteracted by an alkali, as a solution of bread, soda or lime-water. If the substance is an alkali the eyes should be washed in diluted vinegar.

Sweet oil, castor oil, the white of egg or cream will have a soothing effect on the eye, when such an application is needed. When solid or gritty substances get into the eye they can almost always be removed if a little ingenuity is used in the endeavor to extract them. *Never rub the eye.* Rubbing the *opposite eye*, however, is one of the best things that can be done. It will often cause the exit of the offending substance, if practiced as soon as the accident occurs.

To remove a particle from a person's eye, first get ready; wash

the hands, procure a soft, clean handkerchief, or, what is better, twist some raw or absorbent cotton around the end of a piece of wood the size of a toothpick. Then look into the eye—depress the lower lid and then raise the upper lid—if necessary, grasp the eyelashes and turn the lid over a small spoon-handle or knitting needle—this, however, is seldom required—and gently wipe the offending substance from the membrane. If it has fastened itself into the ball of the eye, and cannot be wiped off, a physician had better be consulted.

If the eye is so sensitive that the necessary interference cannot be borne, a few drops of a four per-cent solution of cocaine dropped into the eye will so destroy the sensitiveness that any foreign substance may be removed. A camel's hair brush may be used to wipe the eye; or the edge of a piece of letter paper will be likely to remove the substance. Remember that the eye is very easily injured.

Eye-stones and flaxseed are both useful when dirt is in the eye, or such things as cannot be easily found. The eye-stones should be dipped in new milk before inserting. Bathing the eye in warm water will suffice as after-treatment.

IMPAIRED AND PERVERTED VISION.

IMPAIRED VISION, WEAKNESS OF THE EYES, NEAR-SIGHTEDNESS, FAR-SIGHTEDNESS, CATARACT and GLAUCOMA, are diseases of the eyes requiring the services of an oculist.

When spectacles are required—and they should not be worn unless they are required—they should be fitted to the eyes by a person skilled in the art of optics. The purchasing of spectacles at grocery and dry goods stores is a pernicious practice far too common.

Defective sight should always be remedied, as it embarrasses the acquirement of knowledge, and prevents the full enjoyment of life.

CROSS-EYES OR SQUINT.

This affection, known as *Strabismus*, consists of a failure of the eyes to work in harmony with each other. One looks one way and the other another way. When the eyes are turned *inward*

the affection is termed cross-eyes, or *convergent*; when turned *outward*, it is termed *divergent* strabismus. One or both eyes may be affected. A slight deviation is called a *cast in the eye*, or *cock-eye*.

CAUSE.—It may be either inherited or acquired. It may be the fault of the muscles, or it may have its origin in the brain or nervous system. Keeping a child in a strong light, especially, allowing it to lie exposed habitually to a strong light on one side, has a tendency to cause it. It may be temporary or permanent.

TREATMENT.—A physician should always be consulted, and a surgical operation is often necessary to remove the deformity. To forego attention to such matters is unpardonable negligence. Sometimes it can be cured by wearing spectacles made of dark cardboard with apertures through it, so that only a normal position of the eyes will bring objects into view. If it is the result of nervous disturbance, perhaps by the proper remedies no operation will be necessary. The operation for squint is painless, and easily performed by an oculist.

INGROWING EYELASHES.

Some persons, more especially those who have suffered with inflammation of the eyes in early life, are annoyed by ingrowing eyelashes; that is, some of the hairs turn inwardly. When this takes place, it becomes a painful annoyance, causing great irritation of the eyeball, and the act of winking keeps up a constant pricking and scratching sensation.

The treatment consists of grasping the hairs, one by one, with a pair of tweezers, procurable at any drug store, and gently, but deliberately, pulling them out, roots and all. The hairs must not be broken off, as the stump will only increase the irritation.

FAINTING.

Fainting, also known as *syncope* or *swooning*, consists of an entire loss of sensation and motion, a great weakening and sometimes an entire suspension of breathing, and of the pulsations of the heart. It is less sudden than an epileptic fit. A person who feels "fainty" may often avoid the complete swoon,

by the use of a smelling bottle, or fan; by rushing to the fresh air, or by lying down.

CAUSE.—The conditions which cause liability to faint are: loss of blood, a weak or diseased heart, debility, and weakness induced by any disease. Some persons are inclined to faint at the first sight of human blood. This seems to bear no relation whatever to the general health; and there is no way to overcome it, except by determination, will-power, and experience.

Haller, who was one of the prominent physicians of his age, and who was professor of surgery for nearly twenty years, never performed a single operation on a living subject during that time, because of his inability to look at human blood.

The immediate causes of fainting are—warm, close atmosphere; loss of blood; sudden emotion; sitting up, or standing when extremely weak; the sight of blood; sudden shock; intense pain; etc.

TREATMENT.—When a person feels faint, he should seek fresh air, take a drink of cold water, use the smelling bottle, lie down, or lean forward as far as possible; any of these measures will probably prevent swooning.

If a person has fainted, he should at once be placed in a recumbent position; the clothes loosened, and cold water forcibly sprinkled in the face; fresh air admitted, or a fan used. After the patient is sufficiently restored, a drink of cold water should be given.

In ordinary cases, this is all that is necessary. Should a patient be very sick, or extremely weak, as from the loss of blood, a physician should be summoned.

Very small quantities of brandy, whiskey, or aromatic spirits of ammonia may be given where restoration is incomplete. Vinegar, smelling salts, or camphor, may be held to the nostrils; or the face may be bathed in spirits, bay rum, cologne, or vinegar.

Holding a bottle of strong ammonia to the nostrils of a person who is unconscious, is a *dangerous procedure*. *It should never be done*. A few drops of ammonia may be put on a handkerchief, and held to the nostrils with great benefit.

It is significant to state that fainting is not so fashionable as formerly.

FELON.

A felon consists of a slow, destructive, painful, inflammatory abscess or swelling of a finger or thumb. When mild it is called "*Flesh Felon*," when severe and deep "*Bone Felon*." They may result from injury, but those that have come under the observation of the writer have principally been due to the fact that they "run in the family." Some persons are particularly given to them; the least bruise or penetration of the fingers by splinters or irritating substances, tending to produce them. Sometimes persons are met whose fingers are distorted and crippled, the result of this disease.

Occasionally a felon is quite superficial, but the majority involve the deeper structures and, unless properly treated, affect the bone.

SYMPTOMS.—The first symptom is usually a decided pain on the palm side of the finger, which seems to come from the bone. The pain increases, with swelling. The pain is worse at night, and in two or three days becomes intense, and—unless relieved by the physician—life, for the time being, is a burden.

TREATMENT.—Hot poultices should be freely applied for the first day or two, when a physician should open it *to the bone*. This will afford relief. The parts should again be poulticed and kept thoroughly clean. If the felon is not lanced, the probabilities are that intense pain will continue for one or two weeks, and the inflammation and swelling become great; the tissues suffer disintegration and result in deformity or perhaps the loss of the end of the finger. Sometimes a felon takes months to run its course.

Among things suggested to "back" a felon are a brisk *cathartic*; 50 per cent. *ichthylol ointment* rubbed in; *turpentine* applied on lint or absorbent cotton; holding in *strong lye* or applying a strong solution of *nitrate of silver* or *iodine*. *Flaxseed poultices*, *antiphlogistine* or *catapasm of kaolin* are perhaps equally effective.

PALMAR ABSCESES, which are quite similar in their nature to a felon, sometimes take place in the palm of the hand. They are usually the result of bruises or a straining exercise of the parts. They are slow in action, painful, and quite destructive, sometimes burrowing their way until the palm of the hand becomes honey-

combed with the ulcerative process. A physician should always be consulted early, and his advice faithfully followed. The treatment is quite similar to that of felon.

FETID AND SWEATY FEET.

This is a characteristic misfortune of some people. A writer says: "It is not owing to lack of cleanliness, though this accusation is ever laid at the door of the unfortunate sufferers. The disturbed secretions of the skin may be at fault, and these must be changed ere we can look for any permanent amendment." The fetor is often connected with disease elsewhere, and in all cases it is due to some abnormal condition of the secretions. Excessive perspiration and neglect are usually the immediate cause of the condition.

TREATMENT.—The feet should be kept clean and dry. They should be washed night and morning, and bathed in the following. If the cologne is too expensive, water may be substituted:—

A—213.—LOTION.

Cologne,	$\frac{1}{2}$ pint
Tannic acid,	$\frac{1}{2}$ ounce.
Mix.	

Cork insoles should be worn and the stockings changed daily. The feet should not be dressed too warm; cotton rather than woolen stockings, and shoes rather than boots, are to be preferred; rubbers are to be worn as seldom as possible.

A strong *solution of alum*, or of baking soda, will be found useful to lessen perspiration.

A solution of *permanganate of potash*, fifteen grains to the pint, will remove the odor; or a few drops of carbolic acid added to the foot-bath will answer the same purpose.

The following powder may be dusted over the feet night and morning with excellent results:—

B—213.

Salicylic acid,	1 drachm
Boric acid,	2 drachms
Powdered starch,	2 ounces.

Or the following is a very effectual

A—214.—ASTRINGENT LOTION.

Burnt alum,	1 drachm
Boracic acid,	1 drachm
Rose water,	2 ounces.

Mix. Apply with sponge, without rubbing, every night, just after the stockings are removed and while the feet are yet moist.

Or the following will be found excellent for chronic cases :—

B—214.

Carbolic acid,	5 drops
Burnt alum,	1 drachm
Starch,	1 ounce
Talcum	3 drachms
Oil of lemon,	10 drops

Mix. Sprinkle on feet and hands, and in stockings and gloves.

FEVERS.

The term fever is applied to that condition of the body marked by an elevation of the temperature, and usually by an increase in the frequency of the pulse.

Fevers are divided into various classes: *Idiopathic*, when arising without any obvious local cause, and *Symptomatic* when dependent upon some local irritation or inflammation.

Specific fevers, such as typhoid, scarlet, malarial, etc., are due to some specific cause, and exhibit phenomena characteristic of the source upon which they depend.

CAUSE.—The causes that tend to produce fever are extremely numerous. Deranged nervous conditions, the presence of poisonous substances in the blood, or a perverted functional activity of the various organs of the body, are all liable to induce a fever of more or less severity and duration. Slight derangements of the digestion often cause a high fever in young children, and older persons are frequently thrown into severe, but usually temporary fever by slight ailments.

SYMPTOMS.—The most characteristic symptom of fever is a rise of the bodily temperature. The use of the clinical thermometer has rendered the diagnosis of the bodily temperature one of the easiest and most accurate procedures connected with medicine.

The average normal temperature of the sheltered portions of the body is about 98.6° Fahr. A rise of 1° above the normal usually indicates some disease. In decided fever the temperature ranges from 100° to 106°. If it remains long above 106°, the disease is quite serious, and if it rises above 107°, the condition of the patient is extremely critical.

Until the invention of the clinical thermometer, the pulse was considered the most accurate test of a fevered condition. The pulse, however, is not to be depended upon, as it varies greatly in different individuals.

The average number of heart beats is from sixty-five to seventy-five per minute, and as a general rule the number of beats increases about ten for every degree of rise in the temperature. The trained physician learns other things besides the number of beats simply, by feeling the pulse.

The tongue is usually more or less coated, and in some of the continued fevers it becomes greatly changed in appearance, and to a great extent indicates the progress of the disease.

During the early stages of fever there is a feeling of lassitude, weariness and weakness; pain in the back and limbs, headache and depression of spirits; chilly sensations, loss of appetite, often nausea and thirst; sometimes delirium accompanies the phenomena.

A fever may last for a very short time only, or it may continue for weeks; it may rise and fall in its progress, or it may intermit entirely at certain intervals.

TREATMENT.—Much can be done—and it should always be done—besides giving drugs, in the treatment of fevers. The patient may *drink freely of cold water*; sometimes warm drinks are more appropriate. The food should be very light; the air of the sick room should be kept fresh and pure. *Sponging the body* in tepid water or with vinegar and water is extremely grateful, and would, if practiced several times a day, modify the force of fevers generally. Most of the so-called sponging in fevers is very imperfectly done. A *real* sponge should be used in the procedure; it should be only sufficiently wet to leave a thin film of moisture over the skin, which cools the patient by its rapid evaporation,

and does not wet the bedclothes. When tepid water fails, cold water or even ice water may be used. A cloth may be wrung out in cold water and frequently renewed as it absorbs the bodily heat. The body, the lower limbs, and in many cases the spine also, should be included in the process. If constipation exists, an *enema* as often as necessary will prove beneficial; or a cooling *laxative*, such as a seidlitz powder or solution citrate of magnesia, is usually administered at the beginning of most fevers. *Lemonade* is very refreshing to a fevered patient; and water acidulated with vinegar is sometimes employed as a substitute.

Perhaps, for general purposes, *sweet spirits of nitre* and *tincture of aconite* are the most appropriate remedies we have for fever. Half-teaspoonful doses of nitre or three to five-drop doses of the aconite every two or three hours, in connection with other appropriate remedies, are all that need be given.

There are many new remedies being used by the profession, the chief of which are antifebrin, antipyrin, phenacetin and acetanilid; but these substances are unfit—totally unfit—for popular use.

Tablespoonful doses of *spirits of mindererus* every two or three hours are a very useful fever mixture. Allowing small pieces of ice to dissolve in the mouth is very grateful to a fever patient.

INTERMITTENT, REMITTENT AND PERNICIOUS FEVERS.

(See Malaria.)

SCARLET FEVER.

Scarlet fever, and SCARLATINA, it should be remembered, are exactly the same thing. Many people suppose that these are two diseases, somewhat similar; one, the more severe of the two, being scarlet fever, and the other, a rather unimportant affection, being scarlatina. This, however, is not true; scarlet fever is scarlatina, and scarlatina is scarlet fever. There is a great difference in the severity of the disease in different individuals; also, in different epidemics, and of the same epidemic at different times.

CAUSE.—Scarlet fever is a special poison, the character of which is but little known. *It is contagious*, but not so much so as some other diseases. The poison, as far as communication is concerned, is chiefly in the scales which come off in great numbers during the latter part of the disease and during convalescence. *The disease will live in these scales for months, and carry contagion with them.* It is of absolute importance that a thorough disinfection and renovation follow every case of scarlet fever. Good authority claims that these scales will retain the power to transmit the disease for a full year.

Scarlet fever is a disease of childhood. About one-half the deaths resulting from it take place in children from two to five years of age; one-fourth between five and ten, and less than one-tenth after the tenth year. Children under two and over ten years are quite exempt from it, and adult life enjoys comparative immunity from it.

When we realize what a scourge it is to young children between the ages of two and ten years—and especially about the fourth or fifth year,—we should endeavor to keep children away from it. Indeed, it is criminal to carelessly expose them. There may be some excuse for allowing a child to contract the mumps, measles, or whooping cough, because these diseases are apt to come at some time in almost every one's experience; and childhood, perhaps, is the best time to have them, for to have them once is future exemption, but with scarlet fever the case is different. If a child does not have the fever before it is six years of age, it gradually becomes less and less liable to have it. If it arrives at ten years, the chances are very much in the child's favor; at fifteen years, the probabilities are it will escape altogether, and at twenty to contract it, is a rare exception.

Patients should always be isolated, and other children kept away from them. This can usually be done, even in the same house. Cleanliness, disinfection, and avoidance of transmission of the disease on the family clothing, sweeping and cooking utensils, etc., should be strictly observed. Bad drainage, and faulty sanitary conditions, greatly favor its spread in a town.

SYMPTOMS.—About five days after exposure the disease begins with lassitude, headache, pains in the limbs, and sometimes nausea, vomiting, and chilliness; followed by fever and sore throat. On the second day the fever is high and the eruption appears first on the neck and face, and in ten or twelve hours spreads over the whole body. It is of a scarlet or brick-red hue, and uniform in appearance. If looked at closely it will be found to consist of very minute points, uniformly and closely placed. The skin is somewhat swollen, hot and dry, and the patient feels a sense of burning. The fever is high, the tongue is coated, and has a peculiar “strawberry” appearance. The tonsils are swollen and covered with spots. About the fifth day the eruption begins to fade, and at the end of the week it is gone, the fever abates and recovery begins. The patient is usually greatly reduced in flesh and strength.

Several varieties of scarlet fever are recognized :—

1. Simple or uncomplicated.
2. Throat variety, also called *anginose* or *putrid sore throat*.
3. Malignant; in which the shock is so great that the patient sinks before the symptoms become developed.
4. Latent, where the usual symptoms are not manifest.

In the uncomplicated variety, called *Scarlatina Simplex*, the disease runs an even course, and is attended with no serious symptoms. The fever is wanting or moderate, the constitutional disturbance is only slight, and the patient may not be confined to the bed.

In the *throat variety*, known as *Scarlatina Anginosa*, or *putrid sore throat*, the force of the disease is centered on the throat and nose. The inflammation is intense and the throat is covered with a false membrane, the breath is sometimes very offensive; the disease may destroy the sense of hearing or of smell, and occasionally the eyes are involved. As a rule, some bad result remains as a sequel of this variety.

The *malignant variety*, or *Scarlatina Maligna*, is attended from the first with sinking vitality, the usual symptoms often failing to assert themselves. The eruption may not develop, or if it appears,

is apt to strike in again. There is extreme depression and coldness. Death sometimes occurs within a few hours, but more often at the end of a few days.

TREATMENT.—The most careful and intelligent medical aid should be secured. There is no fixed treatment of this disease. All that the best skill can do is to endeavor to ward off bad symptoms and properly treat them when they arise. In all varieties, a purgative, such as *Epsom* or *Rochelle salts*, should be given at the start. When the fever is high, plenty of *cold water* should be given, and if the throat is much inflamed, *small pieces of ice* held in the mouth will often greatly relieve.

Sponging the body in *tepid water* will modify the fever, and for the irritation and itching which accompany the eruption, the body should be rubbed with lard, fat bacon, vaseline, cocoa butter, goose grease, or cold cream.

The *diet* should be *liquid*, and *milk* should be the main dependence; *beef tea*, *mutton tea*, *chicken-broth*, etc., all may serve a good purpose. If there is marked weakness the diet should be liberal.

The patient should, if possible, occupy a large, well-ventilated, moderately warm room; no furniture more than necessary should be allowed, and there should be no carpet on the floor.

Vinegar may often be used to advantage; applied to the head, in headache; added to water for sponging in fever, and sometimes to acidulate water to be drunk. *Sweet spirits of nitre*, *tincture of aconite*, or *spirits of mindererus*, may either one be used when the fever is high.

If the ears become painful do not use oil and laudanum, but notify the physician.

The nose, mouth and ears should be kept clean and antiseptic. The best spray for the nose and throat is *peroxide of hydrogen* diluted with two or three parts of water. Alkaline solutions, it should be remembered, dislodge nasal accumulations. This is why *alkaline antiseptic solution*, *Dobell's solution* or a *solution of bicarbonate of soda*, 15 grains to the ounce, make excellent nose and throat cleansers. All apparatus, receptacles and cloths used about the patient are contaminated and must be sterilized.

A *solution of boric acid* makes an excellent gargle. A *solution of chlorate of potash* or *diluted tincture of iron* are also often used as a gargle. In the severe forms, when the extremities are cold and the circulation impaired, apply hot water bottles, bags of hot salt or mustard plasters to the extremities.

Scarlet fever may cause enlarged glands, swelling of the joints or inflammation of the ears, but the most frequent sequel is disordered kidneys, causing dropsy and other symptoms.

To relieve the kidneys of diseased material large quantities of pure water should be drunk. If the available drinking water is not soft and pure, distilled water should be procured or a bottled water such as Poland or Celestins Vichy may be used.

Among the remedies used to prevent or modify dropsy are digitalis, cream of tartar, Basham's mixture and promoting the action of the skin. Attendants should wear a gown and cap over their clothes and remove them whenever they leave the sick room.

Much has been printed in the newspapers and magazines in regard to the power of *belladonna* to prevent scarlet fever, and I have often sold it for this purpose. I do not see any reason why it should have the least influence, and the profession has abandoned its use for this purpose almost altogether. Some years ago, during an epidemic, a gentleman asked me what was the best thing to prevent scarlet fever. I told him that *belladonna* was used internally sometimes, and gum camphor, carbolic acid and *asafoetida* were being used on the person and about the house to keep the disease away. He said, "I will try them all," and he procured a quantity of each and used them as he was told, yet his child, a boy five years old, contracted the disease. During epidemics I have always sold such articles as prophylactic, but failed to observe any benefit.

I make mention of this to emphasize the fact, that *avoiding contact* is the only preventive, and it should be faithfully observed. The so-called preventive medicines are unworthy of any confidence whatever.

TYPHOID FEVER.

Typhoid fever, also called *Slow Nervous* or *Common Continued Fever*, is quite prevalent in the United States, especially during the summer and fall months. It prevails at times as an epidemic. The *Mountain Fever* of the West is practically the same as typhoid fever.

Many people confound the term "typhoid" with typhoid fever. Typhoid fever is a distinct disease, with definite morbid conditions, which may be expected to be present in all cases; but physicians often use the term "typhoid" to designate any *low state*, such as is sometimes seen in pneumonia, hence, typhoid pneumonia, etc.

Strictly speaking, typhoid is a continued fever of *low type*, due to a special poison, somewhat contagious, and lasting from three to six or eight weeks, or longer. While it invades the whole system, the disease centres in the bowels, where ulcers form, and where danger to life largely exists.

CAUSE.—The cause of typhoid fever is due to decomposition, especially of animal matter. The poison is in the discharges from the bowels, and is often carried by bad drainage into wells and drinking water, or it may be carried in milk from farms to remote points in cities. *All discharges from a typhoid fever patient should be carefully destroyed.*

Anything that depresses the health, such as foul air, dampness, bad drainage, fatigue, anxiety, etc., has a tendency to produce it, when other conditions are favorable to the disease.

Age is a strong predisposing cause, half the cases occurring in persons between eighteen and twenty-five. Few persons under ten and over forty have it; and rarely any over fifty. It very seldom attacks the same person twice.

The subjects of *drainage* and *hygiene* are very important in preventing this disease.

SYMPTOMS.—After a supposed period of about two weeks following exposure to or contamination by its influence, there are, as premonitory symptoms, loss of appetite, chilliness, furred tongue, and, perhaps, headache, with a decided disinclination to

either mental or physical exertion. The commencement of the fever is quite gradual; it does not get to its height for four or five days, and in this differs from most fevers. Sometimes there is a chill at the beginning. There is generally bleeding at the nose, a slight cough, and considerable weakness. As the fever rises, the patient is forced to take to his bed; he is thirsty, and the tongue becomes coated, dry, and cracked. At night he is wakeful and may be delirious.

All this takes place during the first week, and at about the end of that time the abdomen swells, and there is more or less diarrhœa, which continues throughout the case. The condition of the bowels has much to do with the severity of each individual case, as they are the seat of the disease, the diarrhœa in a measure indicating the extent of the ulceration. If the diarrhœa is limited, the disease is apt to be mild; if profuse and unhealthy, it denotes a more serious case.

The face is dull, and the hearing often affected. During the second week, a few small, rose-colored spots appear on the abdomen, but not on the face or extremities. They are somewhat faint, and disappear when pressed upon, but the color reappears when pressure is removed.

About the third week, the patient usually begins to recover, but the disease may be prolonged to six, eight, or ten weeks, or longer.

The patient becomes very much emaciated, and recovery is slow, but the usual health is finally regained. The mind may be feeble and the hearing dull, but will both recover. About one case in twenty terminates fatally. When death takes place, it is, as a rule, due to exhaustion, internal hemorrhage, or from the ulcers eating their way through the bowel.

TREATMENT.—Do not expect the physician to cut the disease short. It will surely run its course, and all that can be done is to safely conduct the patient through its various stages. A physician should see the patient daily, from the start, if possible.

Good nursing and systematic feeding are of more consequence than any medicine so far discovered.

Diet is of great importance. An authority on this subject

says: "A marked exception to all rules of diet must be made in the case of typhoid fever, in which disease there is, as a necessary part of the process, ulceration of the mucous membrane of the small intestine. This lesion practically prohibits the use of any solid food from the time the true nature of the disease manifests itself, until some time after the temperature has become normal. The length of time is greater in cases in which there has been extensive intestinal lesion, and solid food should only be resumed, in this disease, after consultation with a physician. A perforation of the bowel—a serious, and usually fatal accident—may follow neglect of this precaution." Yet the patient must be fed, and *fed well*. *Milk* is the most available and appropriate food during typhoid fever. It should be *pure, fresh, and sweet*. *Oatmeal gruel, toast-water* and *rice-water*, may be given during the first three or four days, but after this *milk* should be the principal food. It should be given in doses of a wineglassful, or more, every two or three hours. This may be alternated with a wineglassful of *beef tea*, or *chicken broth*. Never give much food at a time. It is necessary, in many cases, to feed patients during the night. The powers of life are more apt to fail during the night, and where great weakness prevails, the patient must be systematically fed. If he is asleep, he must be aroused to partake of food.

Lime-water added to *milk* renders it more acceptable to the stomach, and should be used when occasion requires. *Peptonized milk*, and *beef tea*, are extremely valuable additions to the diet of the typhoid fever patient. Care and diligence in matters of diet must be perseveringly given all through a case of typhoid fever.

There are, no doubt, cases which require stimulants. Their administration should always be carefully directed by the attending physician. They are seldom required before the end of the second week; in most cases, not at all. The medical treatment of typhoid fever is not definitely fixed. *Diet* and *good nursing* are of more importance than medicine. Only *mild laxatives* should be given at the outset. A teaspoonful of *castor oil*, is generally sufficient. *Ice* may be allowed to melt in the mouth to quench

thirst. *Refrigerants*, such as *spirits of mindererus*, or the *mineral acids*, are useful. Two grains of *quinine* every six hours, in powder form, or suspended in syrup, is good practice. *Cold applications to the head* will relieve headache. When the skin is dry and hot, it should be sponged, a portion only at a time, with deodorized alcohol and water. *Sleep* can often be secured by *sponging the body* in the evening. If the abdomen is very tender, large, hot mush poultices, to which is added one-fourth part powdered mustard, may be applied.

Turpentine in five-drop doses is much used when the abdomen is swollen.

Unless the diarrhœa is profuse it is not best to check it.

TYPHUS FEVER.

This disease is also known as *jail fever*, *hospital fever*, *camp fever*, *ship fever*, *spotted fever*.

CAUSE.—Crowding together, as in hospitals, and on shipboard, is unquestionably the cause of this disease, especially when the food is unwholesome or deficient in quantity. Cold weather, the bad air of ships or hospitals, with bad ventilation, are liable to generate it.

It is somewhat contagious. There is not much danger of contracting it, if cleanliness be thorough. It resembles typhoid fever very much, and it is often very difficult to decide between them in diagnosis.

SYMPTOMS.—Loss of appetite, headache and lassitude, resulting in a chill, either light or severe, followed by fever, in which the skin is dry, the pulse rapid, the mind dull, and the patient weak and drowsy; the face is flushed, the eye injected, and the odor of the body extremely unpleasant.

About the fifth day a coarse, red eruption occurs, which spreads all over the body. This eruption is not always marked. The pulse becomes weak, the tongue dry, dark and covered; the bowels remain constipated. The disease often terminates in death before the end of two weeks. If the end of the third week is survived the patient is apt to recover. Complications,

such as kidney difficulties, pneumonia, erysipelas, or gangrene sometimes occur, caused by neglecting to change the position of the patient. If recovery takes place, it is complete, the general health being benefited.

TREATMENT.—With *good treatment*, nine cases out of ten recover. Good *nursing*, *cleanliness*, thorough *ventilation*, and *disinfectants*, are very important. Special *attention* should be paid to the *urine*, and the physician notified if its passage becomes interfered with. The *diet* should consist of a liberal supply of *milk*, and the patient may drink freely of *cold water*. The *bowels* should be moved occasionally. *Stimulants* are sometimes necessary.

YELLOW FEVER.

Yellow Fever is a hot weather disease of low, flat localities and hot climates, and is almost entirely confined, in this country, to the Southern States. It is a disease of cities and towns, and prevails much more severely along river banks and near the sea.

CAUSE.—Perhaps due to a microscopic vegetation produced by prolonged heat, moisture, and decomposition. There must exist additionally certain climatic conditions favorable to its development, as it prevails only in localities of its own selection.

SYMPTOMS.—Begins with an abrupt, sometimes indistinct chill, which is more apt to come on during the night, followed by intense pain in the legs, back, and head. The fever is not high, nor is the pulse very rapid. The eyes are injected and brilliant, the forehead flushed, the skin is hot and dry, and the thirst is extreme. The stomach is tender, and there is more or less vomiting. The bowels are constipated, and the discharge apt to be offensive.

At the end of three days there is a lull in the disease, which may mean that convalescence is taking place and recovery may result. The eyes remain brilliant, the yellowness of the skin becomes marked, and the stomach remains tender and irritable. The patient feels better, sits up, and may leave his bed. At the end of about twelve hours, more or less, the critical period arrives; if favorable the patient goes on to recovery; if not, collapse, black

vomit, prostration, and, in the majority of cases, death ensues. During this stage the debility becomes great, the pulse irregular and rapid, the skin yellow or bronzed, the tongue brown. The stomach intensely irritable.

Black vomit, so characteristic of this disease, now occurs, which consists of blood altered by contact with the contents of the stomach. With variable symptoms of dissolution, death takes place from the fourth to the sixth day. About one-third of yellow fever patients die, and where collapse and black vomit supervene, a large majority prove fatal.

TREATMENT.—There is no specific for this disease. The only preventive is to migrate beyond the limit of its ravages. It has a tendency to appear in certain spots. Even in the cities and towns of the South, it is often very circumscribed in its limits. It is not contagious from one person to another. It will domicile itself in a section of a city or town, and be a veritable concentrated scourge; those within the limits must either leave, or probably suffer an attack, while those outside are not in any particular danger, unless they infringe upon the infected territory.

Police interference can do more than physicians can to stay the progress of this disease.

Frost kills the poison of yellow fever.

It is hardly practicable to give the treatment of this disease in detail in a book like this. With every epidemic there springs up some plan of treatment which dominates for the time being, influenced, no doubt, by the requirements and conditions of various localities. A dose of *calomel* or *blue mass*, followed by *castor oil*, is generally given. Cold water sponging and diaphoretics, during the fever, with perfect rest, fresh air, food of the mildest kind, and good nursing. *Quinine*, ten or fifteen grains daily, throughout the disease, and stimulants are often necessary. Ice broken in small pieces should be freely given and allowed to dissolve in the mouth. *Lime water*, *mineral water*, lemonade, acid drinks, especially water acidulated with *dilute sulphuric acid*, are used to relieve nausea, thirst, and irritability of the stomach. Small quantities at a time and often repeated, is the best way to give them. Spice plasters, mustard plasters, and blisters should be applied over the stomach.

FLATULENCE.

Wind in the stomach and bowels sometimes becomes an annoyance, and a source of discomfort, especially in persons with feeble digestion.

CAUSE.—Constipation, indigestion, disordered liver, improper food, acidity of the stomach and bowels; gastric and intestinal catarrh, or the presence of irritating substances.

TREATMENT.—The cause should always be ascertained, and when this is removed, the flatulence will disappear. If due to constipation, an *enema* will relieve; if from a sour stomach, a few grains of *bicarbonate of soda* will answer the purpose. As a temporary remedy, I know of nothing superior to five drops of *spirits of turpentine* taken on a small lump of sugar. *Red pepper tea*, a few drops of *camphor*, a few drops of *essence of peppermint*, or a few drops of *chloroform*, are all reliable carminatives. *Aromatic spirits of ammonia*, or *Hoffmann's anodyne*, may be used if there is pain. *Asafetida* is the best remedy for flatulence in elderly persons. *Catnip tea*, or *peppermint tea*, is suited to children. Nothing, however, can take the place of a regulation of the diet and of the secretions.

FRECKLES.

Freckles consist of an excess of pigment in the skin. They are irregular in shape, variable in size, and of a brownish color. They are common in both sexes, and at all ages, but are much more common with boys from four to fifteen years of age. They appear principally on the face and hands, but disappear with advancing years, perhaps favored also by shaving the beard.

CAUSE.—They are not due to any disorder. Warm weather, sunshine, and wind will cause them on persons so predisposed.

TREATMENT.—Not more than one freckled person in a thousand ever thinks of taking steps to remove the freckles. They, however, sometimes become an annoyance to ladies, who seek their removal. There are many things recommended, but I have little faith in any of them. A saturated solution of *borax* applied five or six

times a day, and allowed to dry on the skin, will sometimes remove the freckles, and it has the advantage of being harmless.

Or

A freshly cut *lemon* rubbed over the spots twice daily.

Or

A saturated solution of *boracic acid*, which any druggist can prepare, applied twice daily.

Or

A solution consisting of thirty grains of *lactic acid* in one-half ounce of water applied night and morning. Or the following poisonous mixture is said—

A—228.—TO REMOVE FRECKLES.

Bichloride of mercury,	2 grains
Water,	2 ounces.

Poison.—Apply night and morning, until the skin is irritated; then stop for a few days and renew its use.

Or

Oleate of copper ointment, applied at night and continued for some time, is said to remove them.

FROSTBITE.

When the toes, feet, fingers, ears or nose are frozen, it is customary and it is considered good practice to *gradually* restore them to their normal condition. The treatment consists of avoiding the fire or a warm room altogether, and by first rubbing the parts with snow or iced water or the coldest well water to be had, so that the parts be slowly brought to the natural temperature. It is a scientific theory, and perhaps a fact, that when a person is overcome with cold and becomes frozen stiff, he is not dead, and would live and enjoy health again if he could be thawed without destroying life. In other words, it is the thawing process that kills, and not the freezing.

When the natural temperature is regained after frostbite, the parts should be bathed with *camphor* or *tincture of arnica*. If there is death of the parts they should be painted with *dilute tincture of iodine*, and when the dead tissue sloughs off and an

open sore results it should be dressed with *carbulated vaseline* or *carbulated sweet oil*.

FREEZING TO DEATH.

When persons become stupid with cold, they are in great danger and should be made to exercise; their hands should be rubbed, and if need be they must be whipped; yet the same precautions against sudden change of temperature should be exercised. Efforts to restore the apparently frozen should not be abandoned as long as there are any signs of life. Frictions should be freely applied, and warming and gently stimulating drinks given internally.

GASTRITIS.

Gastritis consists of an *Inflammation of the Stomach*. It may be *acute* or *chronic*; violent or mild. What is usually called Gastritis is ordinary *Acute Gastric Catarrh*. It is sometimes called *Gastric Fever*.

CAUSE.—When irritant poisons are swallowed we may expect violent Acute Gastritis; it may result from injuries or from swallowing hot liquids, or occasionally independent of apparent cause. The Gastritis of Alcoholism is well known.

SYMPTOMS.—Severe burning pain in the stomach, aggravated by breathing, incessant nausea, vomiting, great thirst, fetid breath; constipation at first, later diarrhœa; mild fever and a small, tense pulse.

Mild cases soon recover, leaving the stomach irritable; when extremely severe, collapse, with clammy sweats, ending in death, may ensue. An attack usually lasts from four days to a week.

TREATMENT.—If a poison has been swallowed, proper antidotes should be administered, the stomach emptied and washed out by a physician, if necessary. Quietness and entire abstinence from food should be secured. Small pieces of ice may be allowed to dissolve in the mouth, or small quantities of iced milk may be swallowed. A large *mustard plaster* should be placed over the stomach; *flaxseed poultices* may follow.

Flaxseed tea and other mucilaginous drinks should be given. Great care must be taken during convalescence, and the physi-

cian's advice strictly obeyed until recovery is complete; this is important, because if the disease becomes chronic it is almost impossible to cure it.

The *treatment of chronic gastritis* requires that the patient abandon all bad habits, such as intemperance, the use of tobacco, or indulgences of any kind. The diet should be rather scanty, bland, and easily digested. The bowels should be kept free by the use of mildly purgative mineral waters. *Bismuth*, ten grains three times a day, is a very appropriate remedy. Washing out the stomach affords temporary relief. As this affection is extremely difficult to cure, it is necessary that the patient should co-operate with the best medical treatment for a long time: indeed, complete restoration can scarcely be anticipated, the usual result being simply keeping under comfortable subjection the more unpleasant symptoms.

ULCER OF THE STOMACH is a somewhat rare affection, and is most common in women of about twenty years of age. It is, as a rule, the result of anæmia, heart disease or chronic gastritis. It causes symptoms similar to gastritis in an aggravated form, of which pain and vomiting are the most prominent. The ejected material is often mixed with blood. The treatment consists of resting the stomach as much as possible. Nourishment should be given by the bowel, and nothing swallowed except food of the mildest sort. Milk and lime-water mixed is the most suitable diet. The medical treatment belongs entirely with the profession.

GLANDERS.

Horses and other animals occasionally suffer from a disease characterized by a violent inflammation of the mucous membranes of the nostrils, and a profuse discharge of thick, offensive matter.

We call attention to this disease because it is sometimes transmitted from animals to man, and it may be communicated from one individual to another. It is not only contagious but very fatal.

When an animal contracts the disease *it should be killed at once*, and great care exercised not to allow any of the poison to come in contact with any abrasion on the hands.

GOITRE.

A Goitre, or *Bronchocele*, is an unsightly, but painless swelling in front of, and at the lower end of the neck. It is seen in all sections of the country, but is said to be more common in mountainous regions. Females are more liable to it than males. Almost every patent medicine almanac contains a picture of a goitre.

EXOPHTHALMIC GOITRE is characterized, not only by the swelling in the neck, but by a protrusion of the eyeballs, and is generally associated with functional diseases of the heart, and more or less anæmia. It is most common in women and girls of a nervous temperament.

CAUSE.—It is supposed to result from drinking water surcharged with minerals. Dampness and depressing condition of any kind may produce it. It is often associated with neuralgia, hysteria, and uterine disorders. It is said that frequent marriages of consanguinity have a tendency to produce it. Its real cause, however, cannot be definitely stated.

TREATMENT.—*Rest, recreation, a change of surroundings, and attention to hygiene.* Iron, quinine, and other tonics will often hasten a cure. Recovery is greatly assisted by the use of *tincture of iodine externally*, and the use of *iodide of potash internally*. The following is a desirable—

A—231.—REMEDY FOR GOITRE.

Iodide of potash,	2½ drachms
Water,	2 ounces
Compound syrup sarsaparilla,	2 ounces.

Mix. One teaspoonful after each meal.

Or

B—231.

Lugol's solution of iodine,	1 ounce.
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Take five to ten drops, after meals, in water.

It should be known that goitre in its early stages is a curable disease; also, that when it has been long established it is incurable, and that, in such cases, even if it *is* cured, it is liable to return again, *unless* its exciting cause is removed. If climate or locality is producing it, the necessity of removing to some other section is evident. Becoming a permanent victim to this shocking deformity is a misfortune to be avoided.

GOUT.

While gout and rheumatism are entirely different in their nature, they are, in some respects, sufficiently similar to become associated in the minds of the people.

Gout and rheumatism are often found thoroughly blended in the same person. When such a condition exists it is known as *Rheumatic Gout*.

CAUSE.—Gout is a hereditary disease; when it occurs in early life, it should always be considered of such an origin. High living and indolence, especially when associated with the use of stimulants, tend to produce it. It is attended with an excess of uric acid in the blood, showing that there is an imperfect action of the kidneys.

SYMPTOMS.—Among the differences between gout and rheumatism may be mentioned the following: Gout attacks the small joints only, and generally only a limited number at a time, with a persistent tendency to the big toe; rheumatism attacks the large joints, is quite general, and affects the joints of the upper as well as the lower extremities. Gout is much more often inherited, and is generally associated with indolence, high living, and the use of intoxicants, while rheumatism is usually associated with exposure, cold, dampness, and debility of body. In the chronic forms, it is often quite difficult to distinguish between the two diseases.

Prior to an attack, there are several days of indigestion, constipation, flatulence, acidity of the stomach, palpitation of the heart, and pale stools. Suddenly, often while in bed, the ball of the big toe joint becomes painful, or it may be the ankle or wrist; the pain increases in violence and at times is most intense. It is described as a bone pain, of a gnawing, burning character. An old farmer well described the difference between the pain of rheumatism and that of gout, who said, "Put your big toe in a vise and turn till you can't stand it any longer—that is rheumatism; give it about two more turns—that is gout."

The parts are red, swollen, and tender, and always attended

with throbbing; there is more or less fever and nervous irritability.

It generally begins to subside in a few days, when the parts become bathed in sweat, and it is not uncommon for chalky deposits to appear about the joints. The patient is often exhausted, and is disposed to sleep heavily after an attack. The urine is, at first, scanty, then high-colored, but as the disease progresses it becomes more profuse and deposits a sediment.

RETROCEDENT OR MISPLACED GOUT disappears from the joints and attacks some of the internal organs, as the heart or the stomach. This is known as metastasis, and when it attacks the heart it may cause almost instant death. This migration is sometimes the result of treating the joints too energetically, especially by the application of cold water.

TREATMENT.—*Colchicum* is considered, to some degree at least, a specific for gout: not to cure it entirely, but to modify its pain and give temporary relief. All the proprietary "gout cures" contain colchicum in some form.

The *Wine of Colchicum Root* is, perhaps, the best preparation. One of the most renowned of medical authors and teachers of modern times was, himself, a great sufferer from gout, and he depended entirely upon wine of colchicum for relief. It should be given in doses of from ten to twenty drops three or four times daily.

The following is a desirable—

A—233.—GOUT MIXTURE.

Wine of colchicum root,	1	drachm
Cream of tartar,	2½	drachms
Rochelle salts,	2½	drachms
Peppermint water enough to make	4	ounces.

Dose, a tablespoonful three times daily.

When the disease becomes chronic, *iodide of potash* is often extremely useful, and may be combined with *colchicum*. If the patient becomes anæmic, *iron* or *arsenic* will often prove beneficial.

Here is a little hint for the gouty subject. Good authority states that it is injurious to try to stop an attack of gout, but that it is best to let it run its course; that it is a purifying process, and

if allowed to develop, the poison will pass out of the system, but if medicines are given to relieve it—even colchicum—they only detain the poison in the system to invite future attacks. I simply give this for what it may be worth.

The local treatment consists of *alkaline applications*. The following is used in hospital practice, and is found useful; the parts are to be wrapped in lint soaked in the mixture well shaken up:

A—234.—LOTION.

Bicarbonate of soda,	1 ounce
Linseed oil,	$\frac{1}{2}$ pint

GRAVEL.

Gravel or *Kidney Stones*—*Lithiasis*—consists of the formation of small sand-like particles in the kidney and bladder.

CAUSE.—This disease is due to drinking water containing lime, and eating food which favors the formation of uric acid deposits.

SYMPTOMS.—Pain in the back, which may extend all along the entire urinary tract. Chilliness, fever, generally following some indisposition, as dyspepsia or “a cold.” The urine contains a sand-like substance which precipitates to the bottom. There is frequent desire to urinate, and when large particles are passed it is accompanied with pain, sometimes extremely intense.

TREATMENT.—The urine should be rendered alkaline by the use of *bicarbonate of soda* or other alkalies. Demulcent drinks, such as *flaxseed*, and *elm bark tea*, should be freely drank. *Sweet spirits of nitre* is a standard remedy, and the severe pain will demand the use of *opium* in some form. Several *mineral waters* are recommended for this complaint, and those containing *alkalies* are of real value, but the free use of pure soft water will, in most instances, answer quite as well. Those subject to “fits of gravel” should *drink freely of water*, and, if they can afford it, the various mineral waters, such as *Vichy*, *Carlsbad*, *Buffalo Lithia*, and *Bedford Spring water* should be freely drank. It must not be forgotten that there is considerable humbuggery connected with the mineral water business, and none but reliable kinds should be used.

Animal food and all stimulating diet should be avoided. *Warm*

clothing, baths, proper exercise, and vegetable diet should all be utilized to secure relief.

Decoction of Stigmata of Zea Mays, or *Corn Silk tea*, made by adding a pint of boiling water to a handful of the silk of green Indian corn, may be drank at liberty. This has been much used for this complaint during the past year or two. The worst that can be said against it is that the corn silk is harmless, and the water will no doubt benefit.

Hydrangea has been greatly praised as a remedy for gravel. The *fluid extract* may be taken in teaspoonful doses every four to six hours, in a glass of water. A physician should always be consulted, and an analysis of the urine made, and, if possible, the causes which produce the sediment removed. The continual irritation caused by the presence of such materials in the kidneys, ureters, and bladder is very likely to bring serious complications sooner or later.

HABITUAL ALCOHOLISM.

Habitual Alcoholism, Inebriety, Chronic Alcoholism, or Drunkenness, is the habitual use of alcoholic liquors as a beverage.

The above definition has a broader meaning than is usually given to these terms, yet the scope here given is correct. It is the drinking that decides who are inebriates, and not the incidental effect the alcohol consumed may have upon the individual. If two persons each habitually drink an equal quantity of whiskey, brandy, or other alcoholic beverage per day, they both belong to the same class, no matter how different the effect of the liquor may be upon them. It may attack the mind of the one and render him totally unfit for business, and have no other apparent deleterious effect. The mind of the other may remain clear, but his liver, stomach, or some other organ will suffer, and the ultimate harm may be equally great. The use of alcoholic liquors should be limited to well defined and positive indications; because when used beyond this point they at once become a source of injury. Unless there were valid reasons for its use, it is doubtful whether a drink of intoxicating liquor was ever swallowed that did not have a deleterious influence.

The habitual use of alcoholic beverages is accompanied by an evil effect, corresponding to the amount of alcohol they contain. It matters not whether they are in the form of brandy, whiskey, gin, champagne, wine, ale, beer, or cider. It matters not how it looks or how it tastes, *alcohol is alcohol*, and its effect upon the healthy human tissues is always deleterious and destructive, and its habitual use inevitably tends to physical and moral ruin.

CAUSE.—In considering the drink habit from a medical standpoint, we must examine into the causes which lead to it, and ask ourselves: "Why do people drink? The writer has asked hundreds of drinking men this question, and he has yet to find the first man who drinks liquor because he wants to. The question is certainly the second greatest problem in the world that is seeking an answer to-day. Theories innumerable in regard to the matter are advanced, but practical, tangible answers to the question seem to be wanting.

The saying that "All roads lead to London" might well be applied to the influences which lead men to the drink habit. Wealth and poverty, success and failure, health and disease, joy and sorrow, close confinement and freedom, hard work and indolence, hereditary tendencies and acquired habit, mental dullness and mental activity, exposure to extreme cold and to extreme heat, personal liberty and the environments of slavery, the excitement of an active life and the monotony of obscurity, the force of avarice and the impulses of liberality, laws upon the subject and the lack of them, high license and low license, and numberless other influences, divergent and antagonistic in other matters, become, through the subtleness of the wine cup, impelling channels, which converge and meet at the shrine of alcoholic indulgence.

Alcoholic liquors are used to awaken the thoughts of the student, and to deaden the conscience of the villain; to enliven the mirth of the ball-room and to provoke the laughter of the brothel; to gladden the hearts of the innocent, and to deepen the crimson of sin; to fire the courage of the statesman and to support the daring of the traitor; to soothe the cry of the infant and to quiet the pang of the dying.

Anything that tends to pervert human actions or conditions seems to favor the use of stimulants. Among the more important and direct causes of intemperance are: allowing alcoholic stimulants to be manufactured and sold; their careless and promiscuous use in medicine; the practice of treating; ignorance of their true nature; the use of tobacco; careless parents; ignorant statesmen; domestic unhappiness; improper food; forfeited pride and ambition; discontent among the masses, and individual thoughtlessness.

Hereditary influences are potent factors in leading men to drink—much more powerful than is generally supposed. The boldly-defended and so-called *temperate use* of beer, wine, and other liquors in the home, often sends down to posterity an almost irresistible appetite for stimulants. When we stand on the banks of a mighty river, our minds are apt to seek its source, and think of the brooks and rivulets which help to swell its borders and press its onward flow to the sea; so may we, in contemplating the immensity of the drink habit, candidly accept the fact, that what we call moderation and the occasional indulgence in alcoholic beverages, are extremely liable to taint the elements of kinship, and create as a legacy for posterity, the curse of a depraved appetite. The immediate, as well as the final results of the drink habit, are well known. They vary greatly, and depend largely upon the temperament and physique of the individual, the kind and quantity of liquors consumed, and the regularity with which they are imbibed. No material of the physical or mental organization is exempt from their ruinous effects. The brain, mind, nerves, stomach, liver, lungs, kidneys, heart, intestines, and glandular system, are all liable to undergo, not only functional, but organic change. The havoc wrought by alcohol is apt to prove permanent, and the system of the habitual drinker becomes less and less fortified against the influence of disease. Pneumonia, fevers, summer diseases, and epidemics, are more disastrous among this class than with any other. For the sake of health and posterity there are numberless reasons why people should not drink alcoholic liquors as a beverage, and to prove each reason,

numberless ruined men and women might bear truthful testimony to the havoc which is apt to follow indulgence in their use.

TREATMENT.—The writer has taken much interest in this subject, and were this not strictly a medical book, he would be tempted to enlarge it at this point. To a medical standpoint simply we must confine ourselves.

What can be done by the use of medicines to cure intemperance? Is there any innocent substitute for alcoholic beverages? Is there any antidote? Is there any specific? Is there any cure named in the books? My answer to all these questions is: "No, THERE IS NOT." There has yet been found no drug that will lessen the appetite or destroy the habit.

As every one knows, there are diseased conditions arising from the use of stimulants which may be relieved, or cured perhaps, provided the use of stimulants is withdrawn; but when it comes to administering drugs in order to bring about temperance, sobriety and abstinence, there is not a shadow of foundation for such practice.

I know there are many compounds advertised as "specifics" and "cures" for drunkenness, but I believe them all to be absolutely worthless. Some of them are so tasteless that they may be placed in the coffee or tea of the patient without being detected by him.

An advertisement of one of these lies before me, and it contains the following language:—

"It is absolutely harmless and will effect a permanent and speedy cure, whether the patient is a moderate drinker or an alcoholic wreck. It has been given in thousands of cases, and in every instance a perfect cure has followed. It never fails. The system once impregnated with the Specific, it becomes an utter impossibility for the liquor appetite to exist."

If the above statements were true, the compound need never be advertised. The inventor thereof would become one of the immortals of earth. No mystic Oracle or Royal Touch ever attracted such a throng of human travel as would turn with eager and hopeful interest toward this wonderful and mysterious mixture. But will it cure drunkenness? Of course not. My expe-

rience with this article as a druggist has been that it has failed completely in every case that has come under my notice. And all the various compounds sent forth on sale and advertised as cures and antidotes for the alcohol habit are, I believe, entitled to the same verdict.

The American Association for the Study and Cure of Inebriety has had some forty of the so-called "Cures for Drunkenness" analyzed, with the result that they all proved to be either inert, useless liquids, or compounds of alcohol itself. The Association has become tired of making such investigations, and is inclined to condemn indiscriminately every cure offered the public. "Most of them are worse than humbugs."

The reason why they seem to be beneficial at times arises from the fact that they are generally given at the close of a debauch; the greater and more prolonged the debauch has been, the more apt are such articles to be tried; and if the drunkard sobers up and remains a total abstainer for a little longer time than usual, a testimonial results. These remedies are given to the spreeing class almost exclusively, and the seasons of abstinence between paroxysms are credited to the virtues of the vaunted nostrums. I know of nothing in the entire domain of medicine that in any way tends to dispel the appetite for, or destroy the habit of, using strong drink.

Hospitals and Asylums, conducted for the purpose, offer the most effectual means of curing the habit. Statistics abundantly prove that, while enforced abstinence is essential, the influence of *religion* is, so far, the most potent cure of the drink habit.

"The managers of the Christian Home for Intemperate Men, of New York, seek to cure inebriety by saving the soul of the inebriate, and in no other way;" and it must be admitted that the plan is more successful and permanent than the most enlightened medical treatment where religious forces are discarded. Just at this time "Homes" and Asylums for inebriates are springing up over the country. A visit, for a season, to a well managed Home, will often prove a great help to those willing and anxious to reform; but the medical treatment advertised by the managers of some of these institutions is quackery of the worst form. If

any good ever comes from these "wonderful discoveries for the Alcohol and Opium Habit," it will be in teaching the people how fraud can flourish for a season, that drugs are useless, and that a cure must be sought from other sources.

HARELIP.

Harelip is a congenital deformity consisting of a cleft in the upper lip, more often on the left side.

The malformation is occasionally double; that is, a cleft is on both sides of the middle line of the lip. At times the deformity is great, and always embarrassing to the individual if allowed to remain. It can, however, be remedied, and the subject is mentioned in this volume to encourage parents, who have children so afflicted, to have an *operation performed* by a competent surgeon, at an early age, because the sooner it is done the less noticeable will be the scar, and the more complete will be the removal of the deformity. It should be done *before the end of the first year*.

THE HAIR.

The hair serves such useful purposes in the protection and adornment of the body, that its growth and care are matters of importance. The hair, like the nails, is an appendage of the skin, being simply a modification of the thin, outer layer of the skin. It corresponds with the feathers of birds, and the scales of fishes.

Hairs are found upon almost the entire surface of the body, the palms of the hands and the soles of the feet being the most marked exceptions.

The hair consists of hollow tubes, and is nourished by secreting glands, located near its roots. When the hair tubes are round the hair is straight, when they are flattened the hair becomes curly. When the hair is dry it is more curly than when moist. This is why the dampness takes the curl out of frizzes. When a hair is drawn through the fingers from the root to the point, it feels smooth, but when it is drawn toward the root it feels rough

to the touch. This is due to the fact that the outer layer of the hair texture consists of small scales, overlapping one another. Under this outer layer of scales is the fibrous layer, which gives the hair its great strength. In this layer is the coloring matter, or pigment.

Only three colors of pigment are found, red, yellow, and black. All the various shades of hair are formed by the presence or absence of these three colors.

The hair grows at the rate of eight or ten inches per year. There are estimated to be about 120,000 hairs, on an average, on the head of each individual, or about 1000 to the square inch.

The color of the hair does not have as much to do with personal beauty as some persons imagine. Careless criticism usually condemns red hair, and yet it has, in poetry, art and history, been styled as a mark of beauty. Ossian, whose poetry retains a place in classic literature, always clothed beauty in red hair. The ancient Gauls and Turks recognized it as a type of beauty. The ancient Britons aspired to red hair. Again, I repeat, it is not so much the color of the hair which gives it the power to enhance personal charms. It is the care bestowed upon it; the art practiced in arranging it; the industry used in keeping it dressed; the pride and good taste displayed in answering the demands of fashion.

CLEANSING THE SCALP AND HAIR.

The hair and the scalp should be kept clean. This is best done by occasionally washing the *scalp* with pure water and castile soap, or with water rendered soft by the addition of a small quantity of borax, and the washing concluded with pure water, and the hair dried with a towel.

One of the best cleansing substances is the *yolk* of an egg, which should be well rubbed into the roots of the hair and upon the scalp, and then washed out with tepid water and castile soap, rinsing the hair with pure, cold water, wiping dry and rubbing briskly with a coarse towel. If the hair is dry after washing, a very small quantity of pomade should be applied. Pomade vase-line is perhaps the best. The scalp should be washed at least once a month.

During early infancy, the head should be carefully washed with lukewarm water and castile soap; only the softest brushes and sponges should be used. A well wrought precept is: "*Wash the scalp, but not the hair; comb the hair, but not the scalp.*"

Hair Brushes made of pure bristles should always be selected; the bristles should not be too thick, and should be cut of uneven length so as to facilitate in penetrating the hair. Metal hair brushes, consisting of blunt-pointed pins, held in position by a rubber base, are not fitted for the purpose intended. The same might be said of many of the cheap brushes made of wood fibre, and found on sale in every store. The hair is greatly benefited by being brushed.

Combs are essential instruments, and should be selected with care. Horn combs are said to be preferable to those made of rubber, but the latter material meets with almost universal approval. They, however, generate electricity when passed through the hair, while horn and bone do not.

The scalp should never be scraped with a sharp-toothed comb.

BALDNESS.

Baldness, *Alopecia*, or *Falling of the Hair*, is a circumstance too often seen. Bald-headed men are very numerous.

CAUSE.—A great number of conditions favor baldness. Want of vigor of the scalp, fever, sickness, diseases of the scalp. No doubt the most common cause of baldness is the custom men have of wearing impervious hats. The air within the hat becomes heated and impure, the hair glands become obstructed, the hair falls out, and in many instances the skin becomes so changed—barren, so to speak—that no hope of future growth of the hair can be entertained.

Dyspepsia, deranged secretions, mental worry and grief, all tend to baldness.

Women are more prone to thinness of the hair than men, but complete baldness is far more common in men. Heredity is a frequent cause of baldness, an influence which seems confined to the male sex.

It is said that Æsculapius, the god of medicine, and Hippo-

crates, the father of medicine, were both bald. An observer also states that several of the manufacturers of the leading proprietary Hair Restorers are also bald-headed.

TREATMENT.—Just what is the best thing to do to prevent baldness, and to restore the hair after it has fallen out, is often an exceedingly perplexing question. I have had a large experience in compounding and selling hair preparations intended for this purpose, but I cannot say that the result has been satisfactory.

Seven volumes, treating of the subject of the hair, are on my desk before me at the present time, yet the advice they give and the remedies they name have so often failed under my observation, that they all seem unworthy of commendation.

Much can be done by improving the general health. *Tonics*, such as *iron*, *arsenic*, and especially *strychnia*, should be taken in cases of debility. If malaria, scrofula, rheumatism, or other constitutional disease is present, it should be looked upon as favoring baldness, and a physician should be consulted.

Clipping the hair, or sometimes even *shaving the head*, will prove beneficial. Keeping the hair trimmed greatly helps its vitality. When the hair is trimmed, to improve its vigor, the short hairs should be included. Brisk, cold washings of the scalp, followed by friction with a towel, not too harsh, will be of service. The scalp should not be too greatly irritated, or the hair-growing texture will be destroyed. A porous hat should be worn, and much out-of-door exercise taken. If there exists any local skin disease, of course it should be cured first.

Sugar of lead is an ingredient of most all patent hair tonics. An analysis of quite a number of them has been made, and they contain from three to ten grains of lead to the ounce.

While lead restores the color of the hair and perhaps stimulates its growth, it is capable of poisoning the system when used too liberally.

The King of Sweden suffered a severe attack of sickness from this cause some years ago. One such case has occurred under the notice of the writer.

A retired merchant had suffered for years, at irregular intervals, from severe attacks of painful bowel trouble, lasting two or three

weeks. One day his wife came into my store to purchase a bottle of a certain proprietary hair tonic. The instant she asked for it the idea of "*lead colic*" entered my mind. I made some remark in regard to the article, remembering that she was a regular customer for it. She replied that it was for her husband; that he had used it almost constantly for years, and that it was such a grand thing for the hair that he could not get along without it. In a few moments I was in his physician's office, and I at once told him what was the matter with his patient. I informed him that his patient had been buying "—— ——" for the hair for a number of years, that it contained lead, and that these severe attacks which he had been treating for introsusception of the bowels was lead poisoning. The doctor looked at me in amazement, and exclaimed: "That's a fact, I can now see every symptom of lead poisoning just as plain as can be, but I had never thought of it before." It proved to be true, and the gentleman has since enjoyed good health. Some persons are very susceptible to the influence of lead, and perhaps this gentleman was one of them.

A Solution of Soap Bark, one ounce stirred into a pint of water, is an excellent stimulant to the scalp, and is said to promote the growth of the hair. It should be rubbed into the scalp with a coarse towel. It cleanses the scalp thoroughly, and should be used every few days.

Or

Bathing the scalp several times a week in *salt water* (two teaspoonfuls to the pint) will be found beneficial. It should be thoroughly rubbed in.

Nearly all the prescriptions intended to promote the growth of the hair contain one or more of the following articles: *alcohol*, *tincture of cantharides*, *castor oil*, *glycerine*, *ammonia*, *nux vomica*, *quinine*, *tincture capsicum*, *turpentine*, *carbolic acid*, *vaseline*, *cosmoline*, *sulphur*, *sugar of lead* or *chloral*.

The following will be found useful:—

A—244.—HAIR TONIC.

Tincture cantharides,	2 drachms
Castor oil,	2 drachms
Deodorized alcohol,	3½ ounces.
Odor to suit.	

Mix. Apply once daily to scalp.

Or

A—245.

Aromatic spirits of ammonia,	1 ounce
Alcohol,	1 ounce
Glycerine,	1 ounce
Tincture cantharides,	3 drachms
Rose water to make	8 ounces.

Mix. Shake well. Apply twice daily.

Or

The following is copied from the highest medical authority as a most excellent remedy for baldness. It is well worth a trial:—

B—245.

Fluid extract jaborandi,	1 ounce
Tincture cantharides,	$\frac{1}{2}$ ounce
Soap liniment,	1 $\frac{1}{2}$ ounce.

Mix. Rub on the scalp once daily.

DANDRUFF.

Dandruff, *Seborrhœa*, or *Pityriasis* is a scaly disease of the scalp of almost universal prevalence.

CAUSE.—Neglecting the scalp is the most common cause. Inflammatory and parasitic diseases, the use of rancid and irritating pomades, the use of sharp-toothed combs, and ill health all tend to promote its formation. When dandruff is allowed to accumulate, the scalp is apt to become diseased, which may lead to baldness.

Dandruff should be considered more or less contagious, and it is always wise to use no brush, comb, or shaving utensil that is used by others. Especially does this apply to those who visit the barber. Each individual should not only supply his own shaving cup, but razor, strop, comb, and brush.

TREATMENT.—The scalp should be kept thoroughly clean by washing it every morning carefully with soap and water. If the cleansing process is difficult, as sometimes happens in neglected cases, the head should be oiled to soften the scalp previous to each washing until the scalp is clean.

Carbolated vaseline will answer as an application after each washing.

Or

The following may be used as a stimulating application:—

A—246.—FOR THE SCALP.

Castor oil,	2 drachms
Carbolic acid,	30 drops
Alcohol,	1½ ounce
Oil bitter almonds,	10 drops.
Mix.	

Or

The following will be found useful:—

B—246.

Tincture cantharides,	3 drachms
Tincture capsicum,	3 drachms
Castor oil,	2 drachms
Alcohol,	2 ounces
Spirits rosemary,	1 ounce.
Mix. Use every day.	

Or

Sixty grains of *chloral* in two ounces of water is an excellent stimulant to the scalp.

Or

The following ointment rubbed into the scalp will often be found extremely useful:—

C—246.

Precipitated sulphur,	1 drachm
Vaseline,	1 ounce.

The treatment of dandruff must be persisted in for months, and if the skin of the head is diseased, appropriate treatment must, of course, be employed.

DYEING THE HAIR.

The hair should be artificially colored as seldom as possible. One would naturally suppose that hair dyes were used principally by women, but such is not the case. Men color the hair much more than women.

Some hair dyes are injurious, while others are not. Those containing lead are the most injurious, and those containing iron are perhaps the least so.

The general health is more apt to suffer from the use of poisonous hair dyes than is the hair. Carefully and sparingly applied, I believe they can be used for a lifetime and not result in harm. If hair dyes are to be used carelessly or too freely, they had better be discarded entirely.

The following is similar to what is used by barbers to dye the hair black. Care should be used in order to avoid contact with the skin, and gloves should be worn to protect the hands while applying it:—

A—247.—BLACK HAIR DYE.

SOLUTION NO. 1.

Gallic acid,	30 grains
Water,	18 drachms
Alcohol,	6 drachms.
Mix.	

SOLUTION NO. 2.

Nitrate of silver,	1 drachm
Aqua ammonia,	2 drachms
Water,	1 ounce.
Mix.	

No. 1 is to be carefully and evenly applied, and after it is dry No. 2 is to be applied, which results in the hair turning a deep black color.

Or

The following makes a natural appearing black dye, and is free from the poisoning nature of the silver dye given above:—

B—247.—HAIR DYE. SOLUTION NO. 1.

Citrate of bismuth,	1 ounce
Rose water,	2 ounces
Distilled water,	2 ounces
Alcohol,	5 drachms
Ammonia,	sufficient.
Mix.	

SOLUTION NO. 2.

Hypophosphite of soda,	12 drachms
Distilled water,	4 ounces.
Mix.	

No. 1 should be evenly and thoroughly applied in the morning, and No. 2 should be applied in the evening. The care with which these solutions are distributed will manifest itself in the final result.

Or

The following preparation will darken the hair, and is entirely harmless; indeed, it may be considered a tonic:—

A—248.—HAIR DYE.

Sulphate of iron,	1 drachm
Alcohol,	1 ounce
Oil rosemary,	12 drops
Water,	8 ounces.

Mix. Apply freely to hair and scalp.

Or

Sugar of lead, as before stated, enters into most hair preparations, and the following will turn gray hair to its natural color and tend to promote its growth:—

B—248.—HAIR DYE.

Sugar of lead,	1 drachm
Borax,	1 drachm
Lac sulphur,	1 drachm
Aqua ammonia,	$\frac{1}{2}$ drachm
Alcohol	$\frac{1}{2}$ ounce.

Mix, and let stand twelve hours and add

Bay rum,	$\frac{1}{2}$ ounce
Common salt,	$\frac{1}{2}$ teaspoonful
Soft water,	6 ounces
Ess. bergamot,	1 drachm.

Mix. For baldness apply twice daily. For gray hair, one application daily.

C—248.—BROWN HAIR DYE.

Sugar of lead,	30 grains
Sulphur, powdered,	1 drachm
Water,	4 ounces.

Mix. Shake well before using.

Apply night and morning for one week, and then less frequently, until it is used once in one or two weeks. This is a mild preparation, and results best on reddish hair. The discoloration it imparts to the skin can be brushed off when dry.

Or

The following, though poisonous if swallowed, does not stain the skin, and gives a good brown color:—

D—248.—BROWN HAIR DYE.

SOLUTION NO. 1.

Sulphate of copper,	16 grains
Water,	4 ounces.

Mix.

SOLUTION NO. 2.

Ferrocyanide of potash,	16 grains
Water,	4 ounces.

Mix.

Carefully and evenly apply No. 1 to the hair, and when nearly or quite dry apply No. 2 by means of a sponge or brush. Repeating the application darkens the tint.

POMADES AND HAIR TONICS.

Pomades and perfumed ointments for the hair are of ancient origin. Most all fatty materials have been used to anoint the hair.

Lard, bear's grease, marrow, cocoanut oil, suet, castor oil, and many other substances are more or less used.

For years I have used for myself, and recommended to others, *Pomade Vaseline*, and I know of nothing more delightful than this preparation for the hair. Animal oils and fats become rancid, vegetable oils make the hair gummy and sticky, but vaseline does neither. It is by far the most pleasant article to use on the hair, it takes but little of it to answer the purpose, and after selling it directly to consumers for many years continuously I know of no objection whatever to its use.

Castor Oil is said to be not only a dressing, but a tonic for the growth of the hair. When used it should always be *cut* with alcohol. The following makes a good—

A—249.—HAIR OIL.

Castor oil,	3 ounces
Alcohol,	1 ounce.
Mix.	

Or

If a less oily mixture is wanted and more of a stimulant and tonic, the following may be used as a—

B—249.—HAIR TONIC.

Castor oil,	1 ounce
Alcohol,	3 ounces.
Odor to suit.	
Mix.	

Or

If a more stimulating dressing is needed than either of the above, or if there is dandruff or threatened baldness, two drachms *tincture of cantharides* may be added to either.

When castor oil preparations are freely used on the hair it becomes sticky and stiff, and requires an occasional cleansing.

Pomades made from *cocoanut oil* are highly praised, and when fresh they are excellent tonic dressings.

Never use much perfumery on the hair or in hair preparations. The heat of the head favors evaporation, and the effect is oftentimes offensive and shows bad taste.

Bear's grease, ox marrow, and other fats often used in pomades possess no special merit. Cotton-seed oil, olive oil, and other oils that have nothing to recommend them, except their cheapness, should not be used in hair preparations.

HAIR REMOVERS.

Depilatories, or hair removers, are sometimes legitimate necessities. Hair sometimes grows on the faces of women to such an extent as to become objectionable, yet genuine beauty often admits of well-marked hirsute tendencies.

The use of *electricity* affords the surest and most permanent method of removing superfluous hairs, and directions for its employment will be found in the article on electricity.

A pair of *tweezers* is a very simple and safe instrument with which to get rid of hair. When they are to be used the parts may be numbed by the application of ice, a spray of ether, or a solution of cocaine. The hairs should be *jerked* out, and not gradually pulled. If the procedure is at all extensive a physician or barber should be consulted. When a hair is pulled out by the roots the hair bulb is not destroyed, and in due time the hair will grow again.

The following is said to be a reliable—

A—250.—HAIR REMOVER.

Sulphuret of sodium,	10 grains
Quicklime, in powder,	30 grains
Starch,	30 grains.

Mix. Rub a little of this powder with water, and apply it to the part, and remove the hair in a minute or two with a wooden knife.

Or

To a strong solution of *sulphuret of barium* add sufficient starch to make a paste, and use the same as the preceding mixture.

HAY FEVER.

Hay Fever is also called *Hay Asthma*, *June Cold*, *Rose Cold*, and *Summer* or *Autumnal Catarrh*.

This disease prevails in many places during the spring, summer, and autumn; oftenest in autumn.

CAUSE.—A predisposition to this disease seems to exist in some persons.

The author is acquainted with several who know almost the day of the month, each year, when they will be attacked with it, no matter what the weather or other circumstances may be.

It is no doubt caused by some atmospheric irritation not yet understood.

SYMPTOMS.—There is a severe and persistent irritation of the mucous membrane of the nose, and profuse, watery discharge, attended with sneezing, coughing, hawking, a peculiar headache, and watery eyes. There is more or less constitutional disturbance.

After a period of variable duration the disease disappears, leaving the patient somewhat weak. It is a very disagreeable complaint, and one from which persons eagerly seek relief.

TREATMENT.—The author has had considerable experience with hay fever, in treating others and in his own case, but, so far as he has observed, the results have been very unsatisfactory.

We are informed that there is a "Hay Fever Club" in this country. It has a standing offer of several thousand dollars to any one who will discover a sure remedy for hay fever, but so far no one has secured the prize.

Several so-called "cures" for this disease are on the market, but after selling them for years, I can recommend none of them. Most of them are strong solutions of the *bromides*, and are liable to derange the digestion.

Going away from it is a sure remedy, if the right refuge is selected. The seashore suits some; others are benefited by the mountain air. Certain localities seem to be free from it.

Woolen clothing should be worn and *night air* avoided.

A local application of a saturated solution of *quinine* has been useful to many, and it will not do any harm.

Snuff *Dobell's Solution* from the hand, and then the following powder as a—

A—252.—SNUFF FOR HAY FEVER.

Quinine,	20 grains
Powdered gum arabic,	1½ drachms
Bismuth subnitrate,	1½ drachms
Morphia,	3 grains.
Mix. Use as snuff.	

Sneezing should be avoided, and the nose should not be blown hard. Both these acts are apt to be overdone, as they afford a certain degree of satisfaction.

Sneezing may be prevented by using a smelling bottle containing weak ammonia.

Quinine should be freely given, from six to fifteen grains in the twenty-four hours.

It is claimed that *washing out the nose* with a douche, several times a week, before the time for the disease to appear, and the free use of *quinine*, will have a tendency to lessen the severity of the disease.

HEADACHE.

Pain in the head, while only a symptom of some morbid condition or disease, is so annoying and prominent, when it occurs, that it always demands the use of remedies directly for its relief. So universally is this the case that headache may well be considered as a distinct disease.

CAUSE.—The causes which produce headache are numerous indeed. It may be due to a disease of the brain itself, such as congestion or inflammation of its coverings; to fever, such as remittent or typhoid; to poisons, as narcotics, alcohol, or malaria; to neuralgia or rheumatism of the scalp; to uterine disorders; to anæmia, plethora, dyspepsia, constipation, deranged liver, affections of the eyes, anxiety, mental exertion, exposure to the sun, catarrh, kidney diseases, over-eating, abstinence from food, loss of sleep, ear diseases, nervous disorders, or hysteria. Indeed, headache is one of the most common symptoms, and may occur in almost any departure from the standard of perfect health.

Headache is generally supposed to be due to the most prominent morbid condition existing when it occurs. If the patient is dyspeptic, the dyspepsia must stand convicted of causing the headache; the same with biliousness, anæmia, malaria, constipation, and all other diseases.

The nature of the pain, however, is characteristic of the disease from which it emanates. In neuralgia it is often one-sided and intermittent; in rheumatism the scalp is generally sore; when it is due to congestion, the eyes are red and the face is flushed; when caused by uterine troubles, it is generally in the top of the head, often confined to some spot; when due to constipation, the pain is dull and the mind confused. Ability to distinguish the exciting cause often transforms the most puzzling question of treatment into a happy specific.

TREATMENT.—In trying to cure headache it is essential to grasp the conditions which attend it. Unless this is done even common sense cannot be used in treating it. The real cause may be hidden, and often is, but certain features always accompany it. *When resulting from inflammation, congestion, or fever, great relief may be secured by cold applications to the head, hot mustard foot baths, and cooling laxatives, or a full dose of Epsom or Rochelle salts, or a bottle of citrate of magnesia.*

When from over-eating, an emetic may be the best thing, but fashion has condemned it. I have found that a Seidlitz powder, or a bottle of citrate of magnesia will usually give relief. The sooner it is taken the more good it will do.

Bilious headache is best relieved by five grains of blue mass or one grain of calomel, followed in a few hours by a Seidlitz powder or solution of magnesia. This should be followed by small doses of podophyllin, regulation of the diet, and by drinking water freely.

If constipation is the source, an injection of warm water and soap will often quickly relieve. The enema should be successful, however. A quart or more should be injected, and the lower bowel emptied of its contents, followed by another injection to empty the upper bowel.

If nervousness is the cause, rest, quiet, and, if possible, sleep, should

be procured. *If the head is hot*, two teaspoonfuls *elixir of bromide of potash* every two hours.

Or

If there is weakness and nervousness, one teaspoonful *elixir valerianate of ammonia* every hour.

Or

Half teaspoonful of the following in water, every hour :—

A—254.—HEADACHE MIXTURE.

Aromatic spirits of ammonia,	1 ounce
Morphia,	1 grain.
Mix.	

MALARIAL HEADACHE is very common in malarious districts, and it is more or less periodic in its nature. Either *quinine*, *iron*, *arsenic*, or *nux vomica*, used as directed for malaria, is the proper treatment.

SICK HEADACHE, due to a peculiar nervous temperament either inherited or acquired, usually the former, is periodic in its nature, and a great many persons, principally women, are subject to it.

The spells come on at irregular intervals, and are accompanied by severe pain, sleeplessness, extreme nervousness, loss of appetite, coated tongue, nausea, vomiting, and prostration.

The treatment of this kind of headache is far from satisfactory. I wish I could name a specific, but there is none. I know that there are many “cures” advertised, and I have sold them for years, but at best they are only palliative. A *Seidlitz powder* will often modify the force of the attack. The *aromatic spirits of ammonia* and *morphia* recommended above will often act nicely. A teaspoonful may be given at the first dose.

Or

What is better, at the very start give one grain of *calomel* or five grains of *blue mass*, followed in a few hours by a *Seidlitz powder* or solution of *citrate of magnesia*.

A *mustard plaster* on the nape of the neck or over the stomach, or a hot *mustard foot-bath*, or both, will prove beneficial.

Or

The following will be found a most excellent preparation :—

A—255.—FOR NERVOUS AND SICK HEADACHE.

Bromide of soda,	80 grains
Bromide of ammonia,	40 grains
Aromatic spirits of ammonia,	1 drachm
Camphor water,	2 drachms
Water, to make	2 ounces.

Mix. Two teaspoonfuls, in water, every two to four hours.

No matter from what cause the headache occurs, there are certain measures which admit of a general application.

Cold applied to the head is often very beneficial, but not always; sometimes *hot applications* give most happy results.

Or

Bromide of potash relieves the blood-pressure of the brain, and when the head is hot, the temples throb, and the patient is nervous and wakeful, it is one of the best remedies we have.

Or

Bromo-cafeine or *bromo-soda*, in the form of *effervescent granular salts*, is very useful in some forms of headache.

Tincture of aconite and *tincture of belladonna*, in two or three drop doses, are often very useful when the head is hot and the body feverish.

Or

When the headache is worse at night, and shoots from the back of the neck to the brow, *iodide of potash*, ten grains, three times a day, is the best remedy.

Or

A *hot foot-bath* should always be given; use plenty of water, and keep it hot by adding more hot water as required. Mustard added to the water makes it more stimulating.

Or

Bathing the head in *spirits, cologne, bay rum, or vinegar*, is often grateful to the senses. Where there is acidity of the stomach, *bicarbonate of soda* or *aromatic spirits of ammonia* should be given.

Or

A cup of *strong tea* or *coffee*, especially the latter, will often relieve headache. In fact, few remedies are better than this when the headache is due to fatigue, such as results from a long ride without food or sleep.

Or

Equal parts of *essence of peppermint* and *sulphuric ether*, form an effectual application for headache. This is not only agreeable, but very useful in the neuralgic variety.

Or

Menthol cones, for sale in every drug store, are quite effectual in relieving headache.

Two drachms of *menthol*, dissolved in two ounces of *alcohol*, make a delightful liniment for headache, face- and jaw-ache.

Or

Tincture of nux vomica is an excellent check to attacks of headache, one or two drops every three or four hours. There is no better remedy for the debility brought on by habitual headache than two to five drops of *tincture of nux vomica* in water, before meals, kept up for weeks.

CHRONIC OBSTINATE HEADACHE is often due to defective or weak eyes. In such cases a suitable pair of *spectacles* will afford complete relief. When the pain is aggravated by reading, by fine mechanical work, or by the rays of the sun, the eyes are generally at fault, and in all such cases they should be examined by an oculist.

HEART DISEASES.

Diseases of the heart are somewhat rare, and the people, as a whole, are extremely ignorant of their nature. Yet those who are afflicted with some derangement of this organ become greatly interested in the cause, nature, cure, and future prevention of heart troubles.

Heart diseases not only relate to the organ itself, but to its coverings. To successfully diagnose and treat these disorders taxes the skill of the best educated physicians.

Persons who have "heart disease" should secure the advice of the best possible physician, as it is of great importance that a correct diagnosis of the disease should be made, and the directions of the physician strictly followed. By neglecting such a course, what is at first harmless and amendable may develop into an incurable and dangerous disease.

It should be stated that some of the worst symptoms of heart trouble are often the result of mere functional derangements, the extent of their consequences being the discomfort and alarm which they occasion.

The organic diseases of the heart most common are:—

1. Hypertrophy—enlargement of the heart with thickened walls.
2. Dilatation—enlargement with thin or stretched walls.
3. Fatty Heart.
4. Diseases of its various valves.

HYPERTROPHY is usually the result of some valvular trouble, where an extra amount of work is imposed upon the heart, over exercise, the use of alcohol, tobacco, coffee, self-abuse, etc. The force of the heart and of the pulse, are both increased in this disease

DILATATION OF THE HEART may result from any debilitating or weakening influence, such as asthma, anæmia, debility, over-exertion, coffee, tea, and alcohol. But most cases of this disease are found in persons who are already victims of three diseases, namely, —a torpid liver, with its sluggish circulation and constipation, bronchitis, with its cough and expectoration, and debility of the system generally. While this is true, other influences may induce it.

In this disease the heart is large, and the walls are thin; the organ is really stretched. The heart is weak, the circulation feeble, the pulse is soft, the bowels constipated, the liver torpid, the mind dull, the spirits dejected. Hypertrophy and dilatation may exist at the same time.

FATTY HEART consists of a deposit of fat in the substance of the heart, at the expense of its muscular tissue. It is not generally suspected until the disease has made considerable progress, often not until the malady causes sudden death. Most cases of sudden deaths from “heart disease,” are due to fatty degeneration, and it is a disease of advanced life, not occurring, as a rule, until after the fiftieth year.

The Cause and Treatment of diseases of the heart may well be considered together, for the removal of the causes which produce them, is often the most important thing that can be done. It should be remembered that the above are *organic* diseases, that is, the substance of the heart has undergone a change, and a *cure*

must not be looked for. All that can be done is to prevent their further development.

It is necessary to "learn to live slowly." *Learn to live only three months while other people live twelve.* To do this, not only all violent and exhausting exercise should be abandoned, but everything that weakens or brings fatigue. All excesses of diet should be avoided. Forego alcohol, tobacco, tea, and coffee. *Hypertrophy* demands that the diet should be moderate, and an exclusive milk diet has been recommended; while in *dilatation* the diet should be liberal, and great care taken that the liver and bowels are kept active, and that the general health be maintained. A cheerful, easy, temperate life is of utmost value. Never resort to digitalis or patent "heart regulators" without the advice of a physician.

PERICARDITIS AND ENDOCARDITIS.

The heart, like most of the internal structures, is enveloped in a covering—in a bag, so to speak—a thin membrane called the pericardium. When this membrane is inflamed it is called *Pericarditis*.

The inner surface of the heart is also covered with a thin membrane, the endocardium, which is sometimes the seat of inflammation, and which is called *Endocarditis*.

While these affections may be due to various causes, they are most frequently due to rheumatism. When rheumatism, scarlet fever, and other diseases "go to the heart," it is one of these membranes that becomes involved. The question of which one, together with the treatment, are for the family physician to consider.

VALVULAR DISEASE OF THE HEART, or, more strictly, disease of the valves of the heart, is often met with in medical practice. Its successful treatment calls into service not only the best medical skill, but the faithful and intelligent co-operation of the patient. Dissipation, licentiousness, fast living, the use of alcohol, tobacco, tea, and coffee, are often guilty, in the first degree, in many of these affections.

Emetics or anæsthetics should not be given to persons with heart disease.

PALPITATION OF THE HEART.

When the pulsation or "beats" of the heart become stronger, more extensive, more sensible or audible than usual, it is called palpitation. It is a sensation that every one has experienced. It is sometimes called "fluttering" or "beating" of the heart.

The least excitement will cause it in some persons, especially those who are weak, delicate, and nervous.

Violent exercise, such as running up stairs, jumping, or excitement and fright, or indigestion, constipation, anæmia, hysteria, nervousness, will produce it, or, it may be due to disease of the heart itself, its valves or membranes.

While the palpitation is very annoying and sometimes quite alarming, yet it is not a dangerous affection, nor does it indicate any serious disease. It is what is called a "functional" disorder, and the heart may not be diseased at all.

When palpitation is due to dyspepsia, it is apt to be worse after meals, or at night after a late supper. When it is due to anæmia, tobacco, coffee, tea, or alcohol, the cause is generally apparent. Rheumatic and gouty persons must expect to be troubled with it more or less.

TREATMENT.—People are always very anxious to get rid of palpitation, especially when it occurs at night. Perhaps it exercises the mind, and holds the attention more when in bed, and in some instances it is more severe at this time.

The treatment consists of removing the cause, and, if honestly searched for, the cause can generally be found. If it is due to anæmia, dyspepsia, or narcotics, the indications are plain. There are persons who have what is known in medical parlance as "*Irritable Heart*," and they are liable to be troubled with palpitation, often without any apparent reason, or on the most trifling provocation. There are others whose heart seems to "sympathize" with other organs, and with the system generally. Such persons should live quiet, cheerful lives, avoid extremes of every kind, and exercise in the open air; and, above all things, *never hurry*.

HEMORRHAGES OR BLEEDINGS.

HEMORRHAGE OF THE LUNGS.

Hemorrhage of the lungs, or "*Spitting Blood*," is a common symptom of pulmonary disease.

CAUSE.—Occasionally spitting of blood occurs without the lungs being seriously affected, indeed, it may occur when the lungs are perfectly healthy. Such, however, is not apt to be the case, and spitting of blood is always a strong indication that there is in process in the lungs the incipient progress of consumption. When a person has hemorrhage he should not feel frightened, as there is but little danger of immediate serious consequence.

Some years ago the author, to gratify a personal curiosity perhaps, undertook a systematic inquiry among old people, in order to find out whether those who lived to advanced life reached such an age because they had enjoyed immunity from disease or not. I had conceived the idea that the sickly and frail lived about as long as the healthy and robust, and the results of my investigation tended to verify the truth of my impressions.

One of the first cases examined was one of the oldest men in the county, and he told me that some sixty-five years before, he was so troubled with hemorrhages from the lungs that he could not sleep nights, but for more than fifty years he had enjoyed fairly good health. Another case was that of a physician of threescore and ten, who informed me that when a young man he was greatly troubled with hemorrhages. These may be exceptional cases, yet it by no means follows, that because a person suffers from pulmonary hemorrhages, it will eventuate in consumption and death.

SYMPTOMS.—The main question in this connection is: Where does the blood come from? Medical aid is often necessary to determine. It may come from the stomach, the lungs, the nose, or the throat.

When the blood comes from the lungs, the hemorrhage is preceded by a sense of weight and uneasiness in the chest, the mouth is salty, and there is a sense of tickling in the throat, and with a slight cough, or without any effort to raise whatever, the

mouth is filled with blood. It is at first pure blood, light red, and frothy. It may, in a few days, become more or less clotted and mixed with sputum. The anxiety becomes great, the skin becomes cold and clammy, the pulse quick and full. To the above symptoms add cough, debility, pale cheeks, disturbed breathing, loss of appetite, and general weakness. A serious combination is thus formed, which has coupled the spitting of blood with consumption of the lungs, in the popular mind. To recapitulate: Blood from the lungs is light red, and frothy; from the nose and stomach it is dark and more or less clotted; when from the lungs, there is difficulty of breathing, with cough, and it is often mixed with mucus or sputum; from the stomach, there is vomiting and nausea; it is apt to be mixed with food and often looks like coffee grounds. When from the lungs, there is generally a history of, or a tendency to, lung disease; when from the stomach, there is apt to be some gastric trouble, and clotted blood is apt to be passed from the bowels.

TREATMENT.—There is no need of becoming frightened, but a physician should at once be summoned. The *patient should be put to bed*, and not allowed to move or speak. The *head and shoulders* should be slightly elevated. *Ice* may be slowly swallowed, and the *food should be taken cold*. A half teaspoonful of common *salt*, taken dry and repeated until nausea is induced, is a valuable household remedy.

Or

Ten drops of *turpentine* on sugar, every fifteen or twenty minutes.

Or

Dilute sulphuric acid (twenty drops) or *tannic acid* (three grains) every hour, are much used by the profession.

Or

Small doses of *alum*.

Or

Teaspoonful doses of *fluid extract of ergot* is, perhaps, the best remedy. Those who are subject to hemorrhages should carry a bottle of ergot with them.

Ice to the chest during the bleeding, and a *mustard plaster* after-

wards, have stopped many cases and may be used. Whatever is done, let it be done quietly and without excitement.

HEMORRHAGE OF THE NOSE.

Bleeding from the nose, "*Epistaxis*," may be only a few drops, or it may be profuse. It is generally from one nostril, and is much more common with children and young people than with adults. As a rule, it is quite harmless, seemingly to relieve congestion or fullness of the head, but when occurring in middle aged or old people, it is of more serious concern.

TREATMENT.—If slight, nothing need be done, more than to *avoid blowing the nose* for a short time after the bleeding has ceased. If the bleeding is too prolonged or profuse, *holding up the hand* opposite the affected side, high in the air, will relieve it. The author has followed this plan in his own case, and in those cases which have come under his notice, and the cases where it failed are extremely few. Grasping the top or edge of a door will prevent fatigue to the arm.

Or

Ice applied to the forehead, nose, back of the neck, or roof of the mouth, will generally stop it.

Or

Strong pressure with the hand on the lower rim of the under jaw is said to relieve it.

Or

Snuffing up the nose *alum water*, common salt, or *dilute tincture of iron*, is sometimes necessary.

If ordinary measures fail, a physician should be called.

HEMORRHAGES FROM THE TONSILS, TONGUE, TEETH, AND THROAT are best controlled by the use of astringent applications, washes, and gargles.

HEMORRHAGE OF THE STOMACH.

Hemorrhage from the stomach occasionally occurs, and is generally the result of ulcer, cancer, or inflammation of that organ. It may occur in dyspepsia, especially when aggravated by constipation.

SYMPTOMS.—It is often difficult to tell just where blood comes from when ejected from the mouth. When it comes from the stomach it is vomited, not coughed up. The blood is dark in color, clotted, or like coffee grounds, and often mixed with food. There is more or less nausea and stomach disturbance. The quantity vomited is no gauge of the extent of the hemorrhage.

TREATMENT.—A physician should be called at once; in the meantime the patient should remain perfectly quiet in bed. Swallowing small *pieces of ice*, small quantities of *alum water*, *tincture of iron*, or twenty drops of *turpentine* every hour until the physician arrives, may stop it.

HERNIA, OR RUPTURE.

It is claimed that one man out of every five or six is ruptured in some form, but I think the estimate would be nearer the facts to state that about one man in every ten or twelve requires the use of some apparatus to prevent, or hold in subjection, this unfortunate condition.

A hernia, or rupture, consists of an abnormal opening from the abdominal cavity, through which a portion of the intestine or the *omentum*, protrudes.

The author has had much to do with this trouble, both in treating others and by personal experience, and can keenly appreciate the discomfort and occasional suffering which a rupture will occasion.

KINDS OF HERNIA.—There are many forms of rupture, named according to the location where the protrusion takes place.

INGUINAL HERNIA is the most common, and occurs in the groin. It may be so small as to be almost imperceptible, or it may become of considerable size, and extend forward and downward.

FEMORAL HERNIA occurs much less frequently, and is located below the groin, at the upper portion of the thigh. It is quite liable to become strangulated. It seldom occurs under fifteen years of age. It is highly important that this variety should receive early and careful attention.

UMBILICAL HERNIA is largely confined to children and corpulent adults. It has a tendency, when once started, to continue and grow larger. Persons so afflicted are apt to neglect it, but it should receive attention at the very first indication.

STRANGULATED HERNIA.—When a rupture “gets caught” and cannot be reduced, but causes pain, soreness, and perhaps nausea and vomiting, with constitutional disturbances, it is said to be strangulated. In such cases the intestine, outside of the opening in the wall of the abdomen, becomes large, and the constriction becomes great, causing a stoppage of the flow of food in the bowel, and perhaps stopping the circulation of the blood in the substance of the bowel itself.

Such a condition calls for immediate and skillful aid. A physician should always be called. Rough handling of the parts should be avoided. In ordinary cases, the patient himself can do more at reducing it than others can do for him. When possible, assume a position of the body which relaxes the parts and favors the reduction through gravity. Getting on the knees with head to the floor is a good position. Warm water or warm poultices will benefit in some cases, and in others the application of ice will prove helpful. Again—don’t neglect to call a physician as early as possible.

AN IRREDUCIBLE HERNIA is one in which adhesions have formed, or other obstructions prevent the return of the bowel to the abdominal cavity where it belongs. Old ruptures that have been neglected are apt to be of this nature. But little can be done for their relief.

CAUSE.—Anything which impairs the general tone of the system predisposes to hernia. Straining, lifting, long hours on the feet, fatiguing work, chronic cough, straining at stool, horseback riding, dysentery or diarrhoea. Many children are born ruptured, and many more with an inherited tendency to the affection. Many persons who are so afflicted cannot trace it to any special cause. It is quite rare in women.

SYMPTOMS.—The diagnosis of hernia is usually very easy. The presence of a tumor beginning within the wall of the abdomen, with more or less pain and uneasiness, gradually growing larger,

disappearing at night, usually disappearing when pressed upon, and always in the groin, scrotum, intersection of thigh and abdomen, or umbilical region.

TREATMENT.—The immediate treatment of rupture is, of course, to reduce it,—press it back into the abdominal cavity and hold it there.

But the question is: What shall we do, when ruptured, to keep it from torturing us—and, if possible—cure it? From a long and extensive experience, I am prepared to say, that the very best thing in the world for rupture is a hard-rubber truss. To be useful, however, it must be a good one, suit our individual case, and FIT.

There is nothing requiring more skill, common sense and *patience*, than fitting a person with a truss. In securing one, deal with a druggist who keeps a full assortment and who takes pride in fitting them. He should aim at a desirable and appropriate pattern, and a *perfect fit*, and not be satisfied until he has succeeded in furnishing it. When a truss is suited to the case, is of the proper weight and size, and is adjusted properly, it holds the rupture in, feels quite comfortable, does not get out of place, and needs very little strapping.

All trusses are expected to give more or less discomfort during the first few days, or perhaps weeks. *There is great art in wearing them.* The patient must learn exactly where the *point* to be pressed upon by the pad is located, and the pad must be kept exactly in place. Don't condemn a truss before giving it a fair trial, if the druggist says it fits, because they are quite irritating to some people at the start.

After a truss is put on, wear it constantly and never allow the bowel to come down without replacing it at once. If a person considers himself cured and can dispense with the truss, he should always replace it at the very *first suspicion* that the rupture is coming down again. It is always best to get the local druggist to order a truss, as his experience in taking measure, describing individual peculiarities in each case, and other essential points which others fail to notice, are of importance.

Avoid advertisers through the mails, who charge from five to

twenty dollars for a truss, and who guarantee a fit, etc. They are usually unreliable. Also beware of those who claim to *cure* rupture. "*Radical cures*" for hernia would need no advertising, if such existed. The best and only safe remedy is to faithfully wear a good truss until all tendency to the reappearance of the rupture has vanished.

The *hard-rubber truss* is by far the best kind, and the less harness and machinery there is about them, the more satisfactory will they prove to be. I have for years sold those manufactured by I. B. Seeley & Co. of Philadelphia, and The Philadelphia Truss Co. The goods manufactured by both of these firms have given universal satisfaction. There are other manufacturers, however, whose goods are equally reliable.

HICCOUGH.

Hiccough is a spasmodic contraction of the diaphragm.

CAUSE.—Various disturbances may produce it, among which are stomach, nervous, and urinary disorders, and low forms of disease, such as typhoid fever.

TREATMENT.—Ninety-nine cases in a hundred need no treatment more than a drink of water. The hundredth case, however, may prove a serious disorder. I have known a few cases that baffled the best medical skill, and two cases that terminated in death before relief could be obtained.

Hoffmann's anodyne, *tincture of valerian*, or *spirits of camphor*, in half-teaspoonful doses, will be found useful.

Nitro-glycerine in doses of one-hundredth of a grain will often cure when other remedies fail.

Firmly compressing the lower ribs is said to bring quick relief.

When it becomes habitual as an accompaniment of indigestion, *tincture of nux vomica*, or dilute muriatic acid, will prove beneficial.

HIP DISEASE.

Hip Disease, *Coxalgia*, is a scrofulous affection of the hip joint, and is much more common in children than in adults. It occurs most frequently in children between three and seven years of age.

CAUSE.—As above stated, it is a scrofulous affection, and anything that irritates or injures the hip joint in a strumous child tends to induce the disease. Inadequate clothing or food, and debilitating diseases, often lead to it. It often comes on, however, without any apparent exciting cause or scrofulous taint whatever.

SYMPTOMS.—The first indication is pain at the knee joint; but if the knee is given a slight blow, the pain will be directed to the hip joint. Lameness soon intervenes; the body leans somewhat to the affected side; in walking, the leg is somewhat bent at the knee, and the weight of the body is placed upon the toes. Pain at night becomes severe, and sleep is interfered with. Unless the progress of the disease is arrested, the general health breaks down, and the system sympathizes with the local disease.

TREATMENT.—When there is the slightest indication of such disease *a physician should at once be consulted*, and his efforts to “nip the disease in the bud” should receive the faithful co-operation of those concerned. It may be possible that the disease can be cut short and sound health be established if this is done; but it requires time, patience, industry, and expense.

The joint should be placed at *absolute rest*. For this purpose various appliances are made, and their use is indispensable. The general health should be built up in every possible way. The secretions should be kept active. The bowels, kidneys, and skin, should be kept in good trim. The underclothing should be of wool, the food should be nourishing, and easily digested. *Cod-liver oil, iron, tonics*, and constructive remedies, should be intelligently and faithfully administered. Dependence should be placed in some good physician, and his directions should be carefully followed.

HOARSENESS.

Hoarseness, as a symptom of laryngitis, has already been alluded to, but it is so often treated independently of its source, that we give it a special place in this volume.

CAUSE.—It may result from a variety of causes, such as inflam-

mation of the larynx or of the vocal cords, tumors or other morbid growths, either within the larynx or outside of it, which press against it. Straining or over exercising the organs of speech, as in singing or speaking; the presence of bread crumbs, fish-bones, etc., in the throat; or hysteries or nervousness, sometimes cause it. The source can generally be discovered. Congestion, or slight inflammation of the vocal cords, is overwhelmingly the most frequent cause.

TREATMENT.—Nine-tenths of the cases of hoarseness from which relief is sought, result from over-action of the voice, or from colds. Every druggist knows what a demand there is for lozenges, etc., intended to relieve hoarseness. Those containing *chlorate of potash*, *muriate of ammonia*, *guaiac*, or *cubeb*s, are all useful.

Or

A small piece of *borax* allowed to dissolve in the mouth.

Or

Five or ten drops of *dilute nitric acid* well diluted with water, every three or four hours, will often relieve when due to singing or speaking.

Or

Five-drop doses of *wine of ipecac* will benefit where there is dryness and huskiness.

Or

Inhaling the *steam of hot water* or the *vapor of vinegar* or *sweet spirits of nitre* will often relieve the trouble.

Or

Putting the end of a stick of peppermint candy through a small hole in the side of a *lemon*, and sucking the juice through it, is an original remedy.

Or

Remaining in bed and inducing perspiration by *drinking* freely of *hot drinks* will often cure hoarseness.

Or

Hartshorn and other *liniments* to the throat will help to scatter it.

Or

Equal parts of *vinegar* and *molasses*, boiled together for fifteen minutes and taken in teaspoonful doses, will greatly benefit.

Or

Teaspoonful doses of *syrup of horse-radish*, made by thickening a strong infusion of the root with sugar.

HYDROCEPHALUS.

Hydrocephalus, dropsy of the brain, or water in the head, is a disease of early childhood. It consists of an accumulation of watery fluid within the cavity of the skull.

CAUSE.—In most instances, it is due to inherited tendencies. An external injury, or severe, acute disease, may cause the complaint independent of any previous proclivity.

SYMPTOMS.—Enlargement of the cranial portion of the head, an apparent diminution of the size of the face, and a peculiar stare of the eyes, are the most characteristic symptoms. The mental derangements sometimes amount to idiocy; occasionally, there are freaks of mental precocity. Children are occasionally born with the disease. The head sometimes reaches an enormous size.

TREATMENT.—Children who are born hydrocephalic seldom live long. Once in a long time adult age is reached. Parents need to know that the science of medicine is almost helpless in removing the condition. If recovery takes place, it will result from feeding the child properly, supplying warm clothing, fresh air, and carefully fostering the general health.

Cod-liver oil, syrup of iodide of iron, syrup of hypophosphites, and iodide of potash, are prescribed with variable success in this complaint.

HYDROPHOBIA.

This disease is humanized Rabies of animals, especially of the dog, and is always due to specific or rabic poison penetrating the skin or mucous membrane. No authentic case of hydrophobia is on record where there was not some *wound or abrasion* of the skin, or membrane of the mouth.

It may be communicated by the bite of a dog, cat, wolf, fox, horse or other animal, or by the virus coming in contact with

abraded surfaces in handling infected animals either living or dead.

There is a spurious form of hydrophobia, called *Lyssa falsa*, which is sometimes induced by fright, resulting from the bites of perfectly healthy animals; and there are reasons for believing that the fear, always aroused when rabies exists in a neighborhood, often encourages not only spurious, but what sometimes passes as genuine hydrophobia. Good judgment at such times costs nothing, and if rightly used, will tend to avert all imaginary, and perhaps some real danger.

There is a great deal of error and confusion in regard to rabies. No doubt many dogs that were in no way affected with the disease have been pronounced mad, and killed. As the only effectual treatment is prevention, that which aims at managing dogs should be radical, yet rational. When a dog is supposed to be mad it is always best, if it has done no damage, to kill it. If it has bitten any one it is best, if it can conveniently be done, to muzzle and confine the animal beyond doing further damage. If it turns out that the dog is not mad, much anxiety is averted. If a dog is known to be mad it should be killed at once, and if any dog is bitten by a mad dog it should be killed without delay.

A dog, when first mad, is restless and bites at the air, howls, obeys with reluctance, is sometimes gentle, eats and drinks, gnaws litter, curtains and carpets, wipes his mouth with his paws, his voice changes and he becomes disposed to fight other dogs. These symptoms are followed by more pronounced and unmistakable evidences of rabies. Such dogs become insensible to pain, and will bite a red-hot poker without a sense of pain; they will bite themselves without seeming to feel the inflictions.

When a person is bitten by a dog supposed to be mad, the ultimatum in the treatment is to prevent inoculation. Only a part of those bitten by dogs unquestionably mad ever have the disease, and if the teeth of the animal penetrated the clothing before inflicting a wound, the chances of immunity are greatly increased.

The wound should be cauterized at once, by the application of lunar caustic, caustic potash, or alcohol. Sucking the wound is

a risky, yet advisable proceeding. A physician should always be called for a dog bite, no matter how innocent the animal may be.

Beginning with M. Pasteur of Paris, the treatment of Hydrophobia has been revolutionized. Rabies *antitoxin* should always be employed. If used early its power to subdue the disease is remarkable. Like all other antitoxins its use belongs entirely to the most skillful of physicians. It is sold in one dose packages all ready to administer. Like all infectious diseases the matter of time is of first importance.

"When people realize how much the mind has to do with the consequence of dog bites; only those bitten by dogs actually mad will suffer any evil results; and it is not impossible that even they might, through the efforts of themselves or others, be saved from a terrible doom. Common sense and confidence are of inestimable value in all cases of this kind."

HYSTERICIS—Hysteria.

This peculiar affection is very difficult to define. It consists of an abnormal condition of the nervous system, manifesting itself in paroxysms, in which the mind and will power pass beyond individual control. Whether it is a loss of will power, or of *the power to will*, or only a voluntary yielding to irrational, mental, and physical emotions, cannot well be determined. Hysteria certainly opens an interesting field for study.

It is a functional disorder. No matter how severe or how long a person may suffer from the affection, no changes seem to take place in any part of the body. Although it is often induced and greatly aggravated by existing diseases of the various organs of the body, its existence is not dependent upon any apparent disorder, whatever.

CAUSE.—Sex strongly influences this disease. Out of one hundred cases, over ninety will be among women, and less than ten among men. Heredity is perhaps the most common cause. Hysterical mothers have hysterical daughters. Whether this is due to transmitted influences, or to association during childhood, is

often a question difficult to decide. I am inclined to believe that the latter is too often overlooked. It is the easier remedied. Not only do mothers transmit the affection to their children, but the children of hysterical mothers are more apt to yield to the various diseases incident to childhood, than where such a tendency is absent.

Environments which, in a measure, absorb the will power, become strong factors in producing hysteria. The union of physical pain, disease, and mental distress, makes a strong pressure on the mind, and in those so inclined is apt to increase the tendency in a greater or less degree.

Uterine diseases are a very common cause of hysteria. Until recently it was considered as a characteristic symptom of uterine derangement, and was always so associated, but modern physicians give hysteria a more independent place.

Functional derangements of the female generative organs are, I am quite sure, more apt to induce hysteria than the more serious organic diseases. No matter how apparent the causes are which lead to hysteria, we must always revert to the mind, and the nervous system, to find the focus from which the symptoms emanate.

Whatever impairs the general health, excites mental disquietude, irritates the disposition, disturbs the affections, disappoints the hopes, or thwarts the natural or healthful trend of the human mind, has a tendency to favor the development of hysteria.

SYMPTOMS.—Every symptom mentioned in this book, not involving structural change, would fail to fully describe the many forms in which hysteria can manifest itself. A volume might be written on the symptoms of this strange and peculiar disease.

A hysterical fit, or as it is more commonly called, *a fit of hysterics*, consists of a strange physical phenomenon, manifesting itself in a hundred different ways. Two cases are never alike. It usually begins with a strange sensation in the region of the stomach, and it rises, much as if a ball were to drift up into the throat, causing a sense of choking and constriction. There is always intense nervous sensibility, and the patient may laugh, cry, sob, become extremely nervous, or convulsed, rigid, delirious, or lie motionless

as if in the last stages of despair, an expression of the countenance which leads the practiced eye of the physician to distinguish the complaint. Sometimes it greatly resembles genuine epilepsy; indeed, they are often associated together, and it frequently resembles other diseases, especially of a nervous character. I remember being called one night to visit a young lady who was reported very ill, and who lived some seven miles in the country. I hurried through the cold, and reached the house just at morning, and found the family very anxious about her condition. I sat down beside my patient and began to talk to her; and in the faintest whisper, as if she would soon expire, the first sentence she uttered was: "Doctor, do you think I will be able to go to an entertainment up at the church to-morrow night?" With a suppressed smile, I remarked that I did not know of anything in the world to prevent her from going. I was told afterward that she went. Such persons deserve our pity, but pity should only be the background of the picture which duty demands that we hold up before them to lead them out of their hallucination. The symptoms of hysteria may be transient, and panoramic in their character, but the affection is apt to linger in some form, and it is pre-eminently chronic in its nature.

TREATMENT.—The treatment of this affection requires patience and tact on the part of friends and physician. Moral, mental, and social factors amount to more than medicine, and the exercise of common sense to more than either, in dealing with hysterics. Health should be sought, independent of medical agents. Children so inclined should not be ruined by hysterical training at home. Moral and social influences, and education, are powerful aids in subduing the tendency to hysterical paroxysms. Hope, cheerfulness, and pleasant surroundings, should be made use of to the greatest possible extent. Massage, the movement cure, calisthenics, out-of-door sports, traveling, life at the sea-shore, and electricity, may be employed. I am inclined to believe that it is best to encourage those so inclined to make a hobby of some harmless agency, as it gives employment to the mind—a desideratum in this affection.

The medical treatment, for obvious reasons, should be largely

left with the profession. At most, but little benefit can accrue from the use of drugs.

Asafœtida in pill form is perhaps one of the best remedies. One three-grain pill three times daily will often prove highly beneficial. Or

During an acute attack teaspoonful doses of *Elixir Valerianate of Ammonia* every three or four hours are excellent.

Or

If there is great mental excitement, with headache, a teaspoonful of *Elixir Bromide of Potash* every three hours is the best remedy.

The general health must be kept at its best. The secretions should be kept active, the mind should be tranquil, and the conscience void of offence.

Excitement must be avoided. Another thing to be avoided is mentioning the word "hysterics" in hearing of the patient. This suggestion points to others which might be mentioned; suffice to say, surround such persons with such things as are conducive to health, happiness, and freedom from anxiety. Do not give stimulants, chloral, or opiates, in this complaint; they will only result in harm.

DISEASES OF INFANCY AND CHILDHOOD.

The ailments occurring during infancy and childhood always cause much parental concern; yet it is seldom indeed that medicine is needed during the early months of child-life. Children are so impressible to mild measures that corrections of diet, clothing, atmosphere, or habits, are, in nine cases out of ten, all that is necessary to be done.

Medicines should always be the last resort. Baby cordials, soothing syrups, and the long list of anodynes, are baneful in the extreme, and maternal instinct should consign them to oblivion. "Too much care and nursing of children is quite as harmful as too little. It is ordinarily better to make light of

their ailments and teach them the power of self-resistance to the encroachments of disease. A cheerful, hopeful manner, accompanied by an encouraging word, is quite as helpful in sickness of children as in that of adults.

“Do not discuss their ailments before them. Avoid hinting that sickness is possible, or anticipating it for them as results of certain conduct. Keep it from your own mind also. Never allow yourself to say, ‘If you go out in the cold you will get sick;’ ‘Don’t sit by the window, you will take cold;’ ‘Now do get out of that draft;’ ‘You must not eat so much; now there, not one mouthful more, you will be sick;’ ‘Get good and warm before you go out in the cold.’

“Now, dear mothers, this may be a new thought to you, but this very caution, born of love and solicitude, creates a *fear* that may make it possible for your children to be sick. Let a child lead an active, rollicking life in harmony with nature, and in himself will be certainly developed power to resist disease. It is possible to make health contagious.” It must not be inferred, however, that children are never seriously sick and that medical aid is not required in their behalf. Far from it. One-third of a physician’s practice is devoted to the treatment of the ailments of infancy and childhood, and so serious are these diseases that one child in five dies within one year after birth, and one in three before the completion of the fifth year.

Advancing civilization has not conformed to the best interests of recruiting generations; the modern child may boast of many advantages over its predecessors, but, as far as inherited physical strength and the power of resistance are concerned, there has been no improvement. The rearing of healthy children should be an ideal acquirement, and whatever will conduce to healthy offspring, prevent infantile diseases, or cure those overtaken with sickness, should be carefully studied by those to whom is entrusted the perpetuity of the human race.

In the treatment of sick children it is the little things which count; the numberless little attentions which the instinct of an intelligent mother gives to her child are infinitely more potent than any drug can possibly be. Parental affection is never more powerful

than when ministering to a stricken child. Confidence in those about it is as important to a sick infant or child as fresh air. The confidence children have in the family physician should be carefully fostered. Speak in the presence of your children with respect and kindness of your family doctor, so that the little ones may look upon him as a friend—as one who will strive, with God's blessing, to relieve their pains and sufferings. Remember the increased power of doing good the doctor will have if a child be induced to like, instead of to dislike him. Never allow a child to be frightened by saying that a doctor will be sent for, who will either give some nasty medicine or inflict some cruel operation upon him. It is a great mistake, when addressing children, to make the doctor an object of terror.*

CHOLERA INFANTUM.

Cholera infantum, or *summer complaint*, is a very destructive disease to young children. Especially in large cities, during the summer months, the death rate from cholera infantum sometimes reaches frightful proportions.

CAUSE.—Extreme and prolonged heat, improper food and bad sanitary conditions, teething, and the non-resisting powers of infancy.

SYMPTOMS.—The disease usually begins abruptly with severe vomiting, purging, and thirst; the child refuses food, is languid, weak, stupid, and rapidly loses flesh; in some cases emaciation is remarkably rapid. The purging and vomiting vary in different cases, sometimes one and sometimes the other being most prominent. Children after the fourth year are much less liable to it. Teething is generally associated with the disease, and most of the cases occur during the second summer. The duration of the complaint is usually less than a week.

TREATMENT.—Being pre-eminently a city disease, immediate removal to the country or seashore is always to be considered, or—

* As a suitable book for mothers the author takes pleasure in recommending *Maternity, Infancy, and Childhood*, by John M. Keating, M. D. J. B. Lippincott & Co., Philadelphia. Price \$1.00, by mail.

what is far better—going before it occurs. *Breathing the country air for one day will often cure*, and if this is impossible the day should be spent in a park or open square. *Pure air* should be secured by *thorough ventilation* and *cleanliness* of the strictest sort. Visitors should be prohibited from the sick room, the *clothing* should be *light, clean, dry*, and suited to changes of temperature. The bed should be comfortable, and a feather bed should not be used.

If the teeth are coming through the gum, they may require lancing. *Rubbing them with ice* is very soothing. A few pieces can be tied up in a clean rag and used to better advantage than by holding it with the fingers.

Paregoric is very soothing to the gums when *rubbed on*, and is acceptable to children.

Food is of the greatest importance. No more food should be given than necessary. The best *milk* obtainable is the best food (except mother's milk) that can be used. The following may be used instead:—

Add one ounce of *barley*, crushed, to a quart of water, boil for twenty minutes and strain. Can be given with *condensed milk*, one part to ten. A tablespoonful of *lime water* may be added and given in the bottle if the child is too young to feed.

Castor oil and *spiced syrup of rhubarb* are good articles to empty the bowels. A *warm foot bath* and a *spice plaster* over the stomach are both useful. A *tepid bath* each day will be apt to benefit. Sometimes two or three drops of *laudanum* in *starch water* thrown into the bowel with a small syringe, and repeated if necessary, will help to control the bowels.

The following is an excellent mixture:—

A—277.

Aromatic spirits of ammonia,	25 drops
Paregoric,	1 drachm
Spiced syrup of rhubarb,	1 ounce
Peppermint water, to make	2 ounces.

A teaspoonful every two to four hours.

A full dose of *paregoric*, repeated if the first dose is vomited, will often greatly modify cholera infantum.

INFANTILE COLIC.

Colic is of very frequent occurrence during infancy. Some children are particularly prone to it, and their early months are an almost constant season of suffering. Improper diet on the part of the mother is perhaps the most frequent cause. When the system is over-supplied with carbonates in the form of starch, fats, and sugar, and deficient in tissue food, such as gluten, fibrin, and albumin, colic is apt to prevail.

TREATMENT.—Let the diet of the mother be chiefly of barley, wheatlet, rolled wheat, and bread from Graham flour, with the addition of fish, milk, and eggs. Fruits can be partaken of freely, avoiding those that are exceedingly acid. It is only when fruit is not eaten all the time that colic in the child is caused by the mother's partaking of it. If it has been eaten freely during pregnancy, it will do no harm during lactation.

When a baby is fed artificially, foods which cause colic, be they cow's milk or the various baby-foods of the drug store, should be avoided. Some authors have endeavored to instruct mothers in regard to the use of baby-foods as sold by the druggists, but after selling them promiscuously for many years I must confess that I have not found much difference between them, as far as the general satisfaction they give is concerned. *Lactated Food, Imperial Granum, Mellin's Food, Blair's Wheat Food, Horlick's Food, Carnrick's Food, Nestle's Food*, and many others are all excellent, but none of them will suit every case.

A diligent endeavor should be made to find out the cause of colic, and avoid, if possible, a resort to carminatives or anodynes.

Catnip tea is an old and popular remedy for colic in babies, and it is as free from objections as anything. Given warm and sweetened, it is both pleasant to the taste and effectual as a remedy. A few teaspoonfuls of *very warm water* will often relieve. One drop doses of *essence of peppermint* in warm water are very effectual, but are somewhat objectionable. A *peppermint lozenge* dissolved in warm water and given as necessary serves a useful purpose. A *warm bath* will usually afford prompt relief. If a child suffers with severe griping pains, *flannel cloths* should be wrung out in warm water and laid over the abdomen, and

frequently renewed. An *enema of soap and warm water* will often afford immediate relief.

Children predisposed to colic should be kept warm; and approaching attacks can often be set aside by the application of a *warm cloth* or *warm water bottle* over the abdomen. Don't get in the habit of dosing children with soothing syrups, paregoric, Bateman's drops, Godfrey's cordial, Dewees's carminative, castoria, and the various anodynes of the drug store. I know the temptation to use them is great, and that the practice of resorting to these things has received almost universal sanction; yet their ultimate effects are infinitely worse than the ailments which they are intended to relieve.

CONSTIPATION.

Constipation among infants seems to be on the increase. "My baby is awfully constipated; what can I do for it?" is a question asked by a host of mothers. Children are born with a strong predisposition to the complaint, and artificial means to empty the bowels seem, in many instances, to be absolutely necessary.

TREATMENT.—When mothers are so troubled, their children naturally inherit the tendency, and they can often overcome the habit in both themselves and their nursing children by radically changing their diet. The general directions given in the chapter on constipation will be found useful to mothers so troubled.

An effort should be made to train an infant into regular habits. "If a child is fed or nursed regularly, and held out at the same time of each day, and as he gets older is put upon a chair, he will seldom be troubled with this complaint. It is wonderful how soon the bowels, in most cases, by this simple plan, may be brought into a regular habit."

Do not begin to give a child laxative drugs. If the use of them is once commenced, it is astonishing how soon they become a necessity. Babies might be numbered by the tens of thousands who seldom have an operation unless as the result of a dose of some medicine. The inevitable result of the use of purgative medicines is a constipated habit.

Introducing a *piece of Castile soap*, cut about the size of a lead-pencil and about two inches long, into the bowel, will produce an evacuation in from one to five minutes. The soap should be oiled or wet with warm water before insertion. If the discharges are dry and hard, it is better to give an *injection of warm soap-suds*. An *infant syringe* can be procured at any drug store. The nozzle should be oiled each time before it is used. No more than necessary should be introduced. Gently *rubbing the abdomen* of a child with the hand tends to promote the action of the bowels. *Castor oil* rubbed over the abdomen will produce a cathartic action, and may be so employed without detriment.

DIARRHŒA AND SUMMER COMPLAINT.

During dentition, more particularly during the second summer, children are very liable to suffer more or less from irritation and inflammation of the bowels, attended with frequent discharges of an unnatural character.

CAUSE.—It is often an effort of nature to get rid of irritating substances. When too much food or improper food is given to a child, the irritation is sure to disturb the bowels. If mothers would nurse their children less frequently and teach them to drink water, there would be less summer complaint.

TREATMENT.—A specialist on this subject says: "I cannot lay too much stress on the importance of water, especially in the summer time; when given judiciously and frequently, it may often save the child an attack of summer complaint. *Give cool water*; do not give iced water, but let it be pure, filtered always, and if there is the least suspicion of its purity have it boiled. Do not put sugar in it."

Too much attention cannot be given to cleanliness. If a child uses the nursing bottle, no tubes or "fixtures" should be used in hot weather, as it is next to impossible to keep them clean. A rubber nipple fitting over the mouth of the bottle is the only safe contrivance, and these should be renewed every few days and frequently washed. The very best milk obtainable should be used. The various baby foods on the market answer an excellent

purpose, not only in preventing, but in curing summer complaint. Don't feed too much.

One of the most used and best remedies is *spiced syrup of rhubarb*. Sometimes it may be mixed with an equal quantity of *castor oil* with advantage. If there is much acidity of the stomach, small doses of *magnesia* answer a good purpose.

If diarrhoea becomes severe, a physician should be called.

EXCORIATIONS.

The surface of the skin of the groin, axilla, and neck, frequently becomes raw, inflamed, and painful, in very fat babies.

TREATMENT.—The parts should be carefully but frequently washed with tepid water, or, what is better, milk and water. A small teaspoonful of *borax* added to a pint of water forms a most excellent wash, especially if there is much inflammation. *Vaseline*, *refined petrolatum*, or *sweet cream*, are soothing and beneficial. *Scorched flour* has been recommended as a dusting powder.

TEETHING.

The process of teething, or *Dentition*, is often attended with symptoms requiring treatment. The food and general conditions of the child, no doubt, have much to do with the severity of the complaint. The most common SYMPTOMS are swollen gums, fever, restlessness, sleeplessness, derangements of the stomach and bowels, eruptions on the skin, etc. Summer complaint is often due to teething.

TREATMENT.—Nature's remedy seems to be bathing the gums in saliva, and whatever tends to keep the gums moist and cool will promote relief. *Wetting them in cold water*, allowing the child to *drink cold water*, rubbing the gums with the finger, and in severe cases lancing them, are all calculated to benefit. A *chicken bone* or other small bone, or a piece of *rare roasted beef*, slightly salted, will serve a useful purpose. The *teething rings* and *rubbers* to be found in every drug store are to be recommended; the rubbers are intended for the front teeth and the rings for the jaw teeth. *Lancing the gums* is sometimes necessary. Gently rubbing them

with the finger, previously moistened with *paregoric* or *sweet spirits of nitre*, soothes the irritation. "The utmost care should be observed that the mother's milk should not be vitiated by excitement, undue exertion, improper food, or stimulants." Caution must be exercised in regard to the child's food, and if there are derangements of the digestion, or if the child is constipated, these things must be removed. The various teething cordials are to be avoided.

THRUSH—Aphthæ—Sore Mouth.

While this affection may occur at all ages, it is most common in early childhood. Delicate and feeble children that are exposed to bad hygienic surroundings are most liable to it. It is generally associated with disorders of the stomach and bowels, and especially with prolonged diarrhœa. Improper feeding is the chief exciting cause.

SYMPTOMS.—Irregular, roundish, white specks on the lips, tongue, and mouth, giving the affected parts the appearance of curds and whey having been smeared upon them. The mouth is hot and painful and the infant refuses to nurse. The disease may be mild or severe.

TREATMENT.—The main thing to do is to *regulate the diet*. The child should be systematically fed on one kind of food entirely until he recovers. If it nurses, nothing but mother's milk should be allowed; if it uses cow's milk, that coming from one cow only should be allowed, and it should be sweet and fresh. Everything should be kept scrupulously clean and the child allowed to breathe pure air. Small doses of *magnesia* are generally beneficial. The best local remedy is *borax and honey*, frequently smeared upon the affected parts with the finger. Equal parts of *borax and powdered sugar*, dusted on, answers an excellent purpose. Severe cases require the advice of a physician, as more active measures may be necessary than is prudent for any one else to adopt. *Pure air, cleanliness, ventilation*, and simple measures, such as are recommended above will, however, often render his services unnecessary. The following will be found an excellent application:—

A—283.—FOR SORE MOUTH IN CHILDREN.

Chlorate of potash,	30 grains
Honey,	2 drachms
Water, enough to make	2 ounces.
Mix. Wash the mouth several times a day, using a soft rag.	

In some localities an *infusion of gold-thread* is used as a mouth-wash for children.

IDIOSYNCRASY.

Idiosyncrasy, in the medical sense of the word, signifies a peculiar individual organization, on account of which medicine will have an effect upon certain individuals different from what is to be expected when generally administered.

In general practice, patients will be found who cannot bear the least amount of certain medicines; there are other persons upon whom ordinary doses of some medicines will have no apparent effect whatever, and still others upon whom medicines will have an effect entirely different from that usually experienced.

Morphia, as a rule, induces sleep, but sometimes the effect is just the opposite; some persons cannot take even small doses of quinine with impunity; others cannot enter a room where powdered ipecac is being handled without violent paroxysms of asthma; the odor of senna will purge some people; the least sight of blood will cause some persons to faint. Some persons have a peculiar intolerance of calomel or opium, and ordinary doses sometimes produce alarming symptoms; arsenic, strychnia, and tartar emetic might be added to the list. When medicines produce an unlooked-for or poisonous effect, it is not always an indication that an overdose has been taken; it may be due to the idiosyncrasy of the patient.

INFLUENZA—La Grippe.

Influenza, *Epidemic Cold*, *Epidemic Catarrh*, *Grippe*, *La Grippe*, *Epidemic Catarrhal Fever*, etc., are synonymous terms, and refer to a disease that has made itself well known throughout Europe and America during the past few years. It has proved to be the greatest disease scourge of modern times.

Influenza is a specific, self-limited, epidemic fever, characterized by a catarrhal inflammation of the nose, throat, upper air passages, and often of the lungs, and also, in many cases, of the membranes of the digestive tract, by nervous symptoms, and by great debility.

CAUSE.—Influenza, as everybody knows, sweeps over the country, traveling thousands of miles, finding its way into almost every household. Susceptibility has much to do with its prevalence and force. Some persons seem to resist it entirely, while others are attacked at each epidemic. Physicians have not fully decided through what medium it travels, but the theory that it is due to the presence of micro-organisms or microbes, which multiply rapidly and contaminate the atmosphere, will no doubt be universally accepted as a scientific fact. No measure yet adopted has, to any perceptible degree, prevented its propagation.

Influenza is not confined to man alone, but it attacks horses, cattle, dogs, chickens, and other species of the lower animals. It is said that during an epidemic birds will migrate to a section exempt from its influence. No age or condition in life seems proof against it; but children are somewhat less liable to it than adults.

The number of deaths from its effects during the past few years has been enormous. In some localities, embracing large cities, there has been an almost universal contracting of the disease. In this respect it rivals any plague of any age. Perhaps it is not far from correct to say that "during an epidemic of La Grippe or influenza, a few persons, chiefly aged and feeble, are apt to die from the effect of the disease, many become seriously sick and remain so for several days or weeks, a still larger number become from one-half to three-fourths sick and remain so for a few days, while most of the remainder of the people are far from being well during the time."

SYMPTOMS.—Some cases are extremely mild and almost free from any well defined symptoms; other cases of uncomplicated influenza are much more severe and follow a somewhat regular course, while a third class of cases become complicated with lung, heart, kidney, or nervous diseases, and require every possible

measure to maintain the powers of life and bring about recovery. The milder cases are marked by more or less fever, sore throat, headache, pain in the back and limbs, and a sense of weakness. Severe cases begin with a chill or chilliness, alternating with flushes of heat, followed by fever. The fever, however, is not at all uniform, often intermitting in the morning.

Among the symptoms are severe headache, pain in the eyes and at the root of the nose, and sneezing, accompanied with an abundant watery discharge. In some cases the nose bleeds; and we find sore throat, with a sense of tickling, a dry, hard, distressing cough, hoarseness and shortness of breath, pain in the chest, loss of the senses of smell and taste, pain in the back, muscles, and limbs, loss of appetite, and a sense of abjectness and great prostration. Aged or delicate persons, or those who have weak lungs, or who have heart or kidney disease, are apt to suffer most from influenza. The weak point is apt to receive the force of the disease, and the mortality among such subjects is great.

Unless care is exercised during convalescence, pneumonia will occur in a large number of cases, and the remnant of the poison left in the system, combined with the prostrated powers of the patient, will render such a relapse a dangerous occurrence. Mild cases last only a few days, moderate types less than a week, as a rule, but severe and complicated cases are often of several weeks' duration, followed by a tedious and long delayed recovery.

TREATMENT.—Influenza, like all epidemic diseases, usually receives some popular treatment, which, perhaps modified by some ingenious local physician or druggist, is adopted during the excitement which the disease causes. There is no specific, and no really satisfactory plan of treatment. The best and most learned of the profession simply adhere to "general principles" as their guide in administering medicines.

Mild, uncomplicated cases, occurring in healthy persons, require little or no treatment other than a resort to a light diet and extra care of the body for the time being. Ordinary cases are best treated by the early use of liberal doses of *quinine*. It is claimed for it that a full dose of quinine—15 or 20 grains—at the beginning will sometimes cut short an attack of influenza,

but such cases are, no doubt, rare. From 10 to 15 grains should be taken during the first day, after which one two-grain pill should be taken from three to five times daily. It is said that when the grippe first broke out in America, such was its violence, that one pill manufacturer sold two millions of quinine pills in about two months. They are the main dependence in this disease. The patient should remain indoors, and forego the use of meats as a diet. *Cold lemonade* or *Seltzer-water*, and *milk with ice* or *Koumiss*, are excellent remedies for the fever, irritated throat, and thirst. But a small quantity should be taken at a time. If the bowels are constipated, mild laxatives should be given.

Rendering the air of the room moist by keeping an open pan of water on the stove will tend to make the breathing easier.

If the nose or throat becomes very dry and irritated, put a teaspoonful of Turlington's balsam, or a tablespoonful of paregoric in a pitcher or other vessel, pour on it a pint of boiling water and inhale the steam.

If the tonsils are enlarged and inflamed, the following should be used every hour as a—

A—286.—GARGLE.

Chlorate of potash,	1 drachm
Fluid extract sumach,	4 drachms
Water, to make	3 ounces.

The above makes a very unscientific-looking mixture, but it is effectual as a gargle. Instead of the above, a saturated *solution of chlorate of potash* (one ounce to a pint of water) may be used.

Antipyrine and antifebrin have been largely used to control the fever and modify the headache of influenza, but their use in this disease, unless prescribed by a physician, cannot be too strongly condemned. The same might also be said of chloral. They are all powerful depressants, and on this account are unsuitable in this affection. They should be left with the profession entirely, and when prescribed for *la grippe* their effect should be carefully watched. All except very mild cases of influenza require the services of the family physician, and when aged or delicate persons, or those who are the victims of lung, heart, or kidney disease, contract it, they should receive profes-

sional treatment at once. During an epidemic all such persons should protect their health in every possible way, in order to fortify themselves against the depressing influence of the disease should they contract it.

Extra caution to avoid a relapse should be exercised during convalescence. An attack of pneumonia at this time is not only easily contracted, but it at once becomes a formidable sequel. Should recovery not be complete, tonics and other appropriate remedies should be used. *Iron, cod-liver oil*, or, as a combination, the *elixir of pyrophosphate iron, quinine*, and *strychnine*, is one of the best remedies.

"Give up early and do not go out too soon. The community that learns this quickest will have learned to avoid much suffering and disaster."

INGROWING TOE NAILS.

This affection is confined almost exclusively to the nail of the great toe. When the swelling is great and ulceration fully developed, it is a source of great discomfort and pain.

CAUSE.—Inherited tendencies, wearing narrow-toed, high-heeled shoes, and neglecting to keep the nails properly trimmed and free from accumulations of foreign material.

TREATMENT.—The parts should be relieved of all pressure. Shoes with broad, roomy toes and low heels should be worn. The stockings should not compress the toes. The nails should be *trimmed square* across; the corners allowed to extend beyond the flesh. What is better, scrape the centre of the nail very thin with a knife or piece of glass, and cut a deep notch in the centre of the free end of the nail.

Remove all foreign matter from the seat of the inflammation. Apply a coating of *collodion*, and then gently press a small roll of absorbent cotton or lint between the nail and the sore parts; hold this in place by a piece of adhesive plaster around the end of the toe; renew every day until a cure is effected.

Or

Freely dust the parts with powdered *nitrate of lead* daily, until a crust forms, and when the crust loosens repeat the operation.

Or

Pour *melted tallow* in between the soft parts and the nail, and repeat as often as necessary.

Or

The following is said to quickly relieve:—

A—288.	
Tannic acid,	$\frac{1}{2}$ ounce
Water,	3 drachms.
Mix, and dissolve by gentle heat.	

Thoroughly apply to the soft parts twice a day.

INSOMNIA.

This affection, also called *Sleeplessness* and *Wakefulness*, is inability to sleep during the hours devoted to that purpose in health.

CAUSE.—Disturbed sleep attends almost every departure from health or over exertion of body or mind. Over-eating, especially just before retiring, fever, exhaustion, congestion of the brain, anxiety, trouble, mental strain, pain, nervousness and many other influences, act as disturbers of sleep.

TREATMENT.—The exercise of common sense will do more to secure sleep than anything else. The cause of sleeplessness is generally easy to find, if it is only looked for, and when it is overcome, sleep is certain. No definite rules can be laid down as suited to more than a small number of cases. Each case generally requires peculiar remedies. It is a great mistake to depend upon morphia, chloral, bromide of potash, and other hypnotics, to overcome every little fit of wakefulness. If there is fever, a *tepid sponge bath* with appropriate remedies will answer; if there is exhaustion, *nourishment* or perhaps a stimulant is required; if the head is hot, the application of *cold* to the head and heat to the extremities will be necessary; if nervousness is the cause, *quietness*, some nervine, as *asafatida* or perhaps *bromide of potash*, should be resorted to; if it is due to anxiety, trouble, or mental strain, the cause must be removed before any permanent aid can be effected.

Sometimes *washing the face* will invite sleep. Taking a *brisk*

walk in the open air will sometimes produce the happiest results. Cold feet are a very frequent cause of sleeplessness, and can easily be overcome by a *hot foot-bath* before retiring, followed by friction, or by the use of a rubber hot-water bottle.

The head should be slightly raised in bed. Try a *hop pillow*. Sometimes a little light lunch or a glass of warm milk will induce sleep. A cold, rather than a warm room, invites sleep. Impure air is apt to echo the words, "I can't sleep."

No medicine should be taken to produce sleep, unless prescribed by a physician. Chloral, sulphonal, hypnal, chloralamid, paraldehyde, croton-chloral, caffeine, antipyrine, antifebrin, etc., are exceedingly pernicious drugs, except in the hands of careful and judicious physicians. Laudanum, opium, and morphine, are only suited for rare and peculiar cases associated with pain. For simple wakefulness they are not appropriate. *Elixir of bromide of potash* is the most innocent sleep producer. It is well adapted to a large number of cases, especially where the head is hot, and the mind or nerves are excited. The dose is from one to three teaspoonfuls.

INTOXICATION.

The state of intoxication, *acute alcoholism* or *drunkenness*, the result of drinking alcoholic liquors, sometimes requires medical treatment.

At no stage of it, even at the point of being "dead drunk," is the subject in any real danger of his life. It is, moreover, a condition usually brought on by the voluntary act of the sufferer, and medical interference is not, as a rule, on the side of policy. There are cases, however, when it is necessary to sober a person who is intoxicated.

An *emetic* is usually a good thing to give first, unless there are good reasons why it should not be administered. When a person is dead drunk a physician only should administer an emetic.

Or

Tablespoonful doses of *vinegar* diluted with water will hasten the sobering process.

Or

Large doses of *spirits of mindererus* are said to answer the same purpose.

Or

Teaspoonful doses of *aromatic spirits of ammonia* diluted with water are very useful.

Or

Strong black coffee is a remedy always at hand, and in most cases it acts very well.

If the head is hot and the feet cold, the circulation should be regulated by applying cold water or ice to the head, and warmth to the feet and limbs. Plenty of food, and especially milk, have a tendency to relieve intoxication, and hurry the return to a normal condition of mind and body.

It is a mistake to resort to drugs to get relief during the decline of a spree, and the habit some persons have of tapering off by using Jamaica ginger, tincture of valerian, or any other drug, is a practice not to be encouraged. A cup of *pepper tea*, now and then during this period, will greatly relieve the craving anxiety.

Never be entirely sure that persons are dead drunk when they seem so. It may be apoplexy, concussion of the brain, poisoning, or a severe case of pneumonia. A correct conclusion in these cases sometimes baffles the best trained physicians. If doubt exists, as when a person is found lying out in the cold, without special reasons for believing him to be intoxicated, a physician should always be called, and such directions as he may suggest should be carried out.

ITCHING OF THE SKIN.

Itching of the skin may result from a number of causes, and occasionally it becomes a source of great annoyance.

TREATMENT.—Sometimes washing the parts with a strong *solution of bicarbonate of soda* or of *borax* will relieve. *Carbolated cosmoline* or *extract of witch hazel* are often used.

No matter what the cause may be, relief will follow sponging the patient with the following:—

A-291.—LOTION FOR ITCHING OF THE SKIN.

Carbolic acid,	1 drachm
Glycerine,	$\frac{1}{2}$ ounce
Rose water,	4 ounces.

Mix. Use as a lotion.

JAUNDICE.

Jaundice, *Icterus*, is, as a rule, only a symptom. It manifests itself by a yellow discoloration of the skin and eyeballs, due to the presence of bile.

CAUSE.—Whatever interferes with the normal activity of the liver, or prevents the escape of the bile from the liver into the bowel has a tendency to induce jaundice. It is an almost constant symptom of the various organic disorders of the liver. The presence of gall stones, or, what is a more common cause, a catarrhal condition of the gall-duct, both give rise to jaundice. Fright and violent anger have been known to produce it. Malaria will sometimes cause it.

SYMPTOMS.—Yellowness of the skin and conjunctiva, are the only symptoms in some cases; but, as a rule, there is more or less hepatic or gastro-intestinal disturbance. The yellow is usually first seen in the eyes. The pulse is slow, the urine high-colored, sometimes quite dark, the stools are light and clay-colored. There is headache, despondency, drowsiness, inability to sleep, and the vision is yellowish. Sometimes there is an itching of the skin, and boils occasionally accompany the complaint.

TREATMENT.—The diet should be regulated. Fats, starches, and sweets, should be discarded. Malt liquors, wines, and spirits, should be abandoned entirely. An exclusive diet of *skimmed milk*, kept up for two weeks, if possible, followed by milk toast, meat broths and lemonade, and finally, a diet largely composed of *acid fruits* and fresh meats, are measures to be commended.

The medical treatment should aim at the cause, if possible.

Saline purgatives are sure to benefit. *Cream of tartar*, *Rochelle salts* and *podophyllin* in mild doses, will seldom fail to act favorably.

Or

Perhaps, *the best laxative* for jaundice is one teaspoonful of *phos-*

phate of soda in a cup of warm water, three times daily, before meals.

Or

Thirty grains of powdered *ipecac* every twenty minutes until vomiting is induced, is an excellent "starter" when the jaundice is due to a catarrhal condition of the system. Follow this with phosphate of soda.

Or

One-twelfth of a grain of *calomel*, three times a day, in connection with the use of some purgative mineral water, as Hunyadi.

Or

If the jaundice is of a chronic nature, five drops *nitro-muriatic acid*, well diluted, three times a day, and continued for a long time.

Or

The above acid may be used in the form of a *bath* externally, as directed under the article entitled "Nitro-Muriatic Acid," in this book.

Or

The following is recommended by high authority: Inject into the bowel, twice daily, from two to four pints of warm water, and retain it as long as possible, to be continued for several days. Tonics, such as *nux vomica* and *quinine* are often beneficial, especially in malarial districts.

KIDNEY DISEASES.

Affections of the kidneys have attracted widespread attention during the past few years, due to the fact that medical research has brought to light many discoveries in regard to these organs; and to another fact, namely, medical advertisers have diligently made use of the mystery, subtleness, and occasional seriousness of this class of diseases, to keep the people anxiously concerned.

"Kidney Cures" are quite as numerous as "Liver Cures," and the kidneys have experienced an ordeal in being dosed with saltpetre, dandelion, buchu, and other drugs, the survival of which, in numberless cases, has proved that these important

organs are able to withstand an abundance of irritation and imposition. The use of kidney medicines has been carried to an unwarranted extreme.

Owing to the fact that the discharges of the kidneys admit of easy inspection, and that it is not difficult to associate any discrepancy in their action with derangements of other important organs, the least departure from a normal condition is apt to arouse concern. The subject of the kidneys should never disturb the mind. They *very seldom* become diseased—it *might be said that they are remarkably exempt from serious derangements*—but when they do become involved, medicine is of very little avail, and the various “kidney cures” are not only misnomers, but beyond the realm of practical utility. In such cases, an intelligent physician only should be trusted.

Diabetes, Bright’s disease, and other kidney affections have become familiar terms, in almost every household, yet not five persons in a thousand ever experience a real organic ailment of these organs. If the subject could be universally dismissed from popular consideration, the effect would be eminently salutary.

CONGESTION AND INFLAMMATION OF THE KIDNEYS.

These conditions are very similar, and both result from the same cause. They may result from exposure to cold, overdosing with irritating medicines, or from injuries. Congestion is sometimes the result of feeble or interrupted circulation of the blood.

SYMPTOMS.—There is pain in the small of the back, and tenderness, on pressure, over the region of the kidneys. The urine is small in quantity, high colored, and is sometimes mixed with blood. When examined, albumen is apt to be present. When inflammation is present, these symptoms are intensified. There is usually a chill at the onset, followed by fever, pain, nausea, or vomiting. The urine is voided drop by drop. It is a disease of old persons, and is due to dampness, exposure, rheumatism, or the irritation of gravel. It is generally confined to one side.

TREATMENT.—*Medical advice* should always be obtained. *Active purging, warm hip-baths* continued for some time, *cupping*, and the application of *leeches* over the seat of pain, are among the most effectual measures. The diet should be light, consisting of mild soups, toast, etc., and all stimulants should be avoided.

LEAD COLIC.

Lead or *Painters' Colic* is confined to those who come in contact with metallic lead in some form. The metal may enter the system through the stomach, as in drinking water impregnated with it, or by absorption through the lungs or skin. Laborers in shot factories, lead works, paint works, and those employed where leaden materials are manipulated, are liable to the disease. It may result from sleeping in newly painted rooms, or from using hair preparations containing lead. Most of the cases met with occur in painters.

SYMPTOMS.—It may come on gradually or suddenly. As a rule, colicky pains, more or less pronounced, exist for a few days, when they culminate in an attack of severe and often serious colic. The abdomen is shrunken, the bowels constipated, the tongue coated, and there is great thirst; the countenance is anxious, and the skin is wet and cold. The pain may be constant, but it is usually intermittent; it may last only a short time, or it may continue with more or less severity for weeks.

TREATMENT.—Liberal doses of *Epsom salts* are the most common treatment. Laxative doses of *alum* exercise a marked control over the pain, and are supposed to be specially beneficial in removing the poison from the system. The pain, if severe, must be controlled by the use of opiates. Pressure upon the abdomen will greatly modify the pain of lead colic. The action of the skin should be encouraged, and *frequent baths* will be found useful. After the pain has subsided, the future treatment is the same as for

CHRONIC LEAD POISONING.

This is a disease peculiar to those exposed to the influence of metallic lead, and it is due to the same cause as the acute form of the affection.

SYMPTOMS.—A blue line around the gums next to the teeth is generally present. The muscles become painful, and those which extend the limbs, especially those of the wrist, are apt to become paralyzed. When this occurs, it is known as *Wrist Drop*. Cramps and tremors of the muscles are often symptoms, and occasional attacks of lead colic are to be anticipated.

TREATMENT.—Workmen exposed to lead should secure good ventilation, wash their hands and rinse their mouths before eating, and take no food where lead is being manipulated. Small doses of *Epsom salts* will prove beneficial, and *lemonade* made from *sulphuric acid* is sometimes drank by workmen to prevent ill effects. A *milk diet* is said to prevent lead poisoning, a quart of which should be drank daily. *Iodide of potash* is perhaps the best remedy to rid the system of lead, and the following formula will be found one of the best:—

A—295.

Iodide of potash,	2½ drachms
Compound syrup of sarsaparilla,	1 ounce
Water,	2 ounces.

Mix. *Dose*—One teaspoonful, in water, three times a day.

SORE LIPS.

People with thin, delicate skin, are apt to suffer with sore lips when exposed to the sunshine and wind. Some persons are so afflicted almost constantly while exposed to out-of-door atmosphere; the integument of the lips failing to accustom itself to the elements. The lips may only be chapped and their surface be covered with partially detached scales, and be somewhat swollen, tender, and stiff; or they may become cracked and bleed, and be the source of much pain and discomfort, or open, irritating sores, may form. All of the above conditions are greatly aggravated by the constant licking which they receive from the tongue, as the inclination to do so on the part of the sufferer is almost irresistible.

THE TREATMENT of sore lips is sometimes very unsatisfactory. Wearing a broad brimmed hat, and, what is better, allowing

the moustache to grow, are measures calculated to prevent sore lips when due to sunburn.

Applying protectives, such as *vaseline*, *cold cream*, *perfumed oxide of zinc ointment*, *flexible collodion*, or *Turlington's balsam*, will generally prevent any cracking of the skin. The habit of constantly licking the lips with the tongue is to be carefully avoided.

If the lips are cracked, swollen, and stiff, a good laxative will often prove beneficial. In addition to the above applications, it is sometimes necessary to protect the under lip from the sun and wind by applying thin court plaster. I have found the thin membrane on the under surface of an egg shell to be a superior article for this purpose. Dusting with *calomel* will often prove highly beneficial.

Care should be taken never to use rancid salves or ointments about the lips.

FEVER BLISTERS are sometimes very annoying. They are best treated by keeping them dry by dusting them with *fine starch*, or powdered *French chalk*, or the following may be applied every few hours:—

A—296.—LOTION FOR THE LIPS.

Carbolic acid,	10 drops
Glycerine,	1 teaspoonful
Oil of rose,	2 drops.
Mix.	

The sores sometimes occurring in the corners of the mouth are due to derangements of the digestion and of the salivary secretions. Mild laxatives and other correctives, and rinsing the mouth with a solution of bicarbonate of soda several times a day, will be found curative.

It should not be forgotten that the lips have much to do with personal beauty.

LIVER SPOTS.

Liver spots or *Chloasma*, consist of large, irregular, brownish blotches, located principally on the forehead and face. Sometimes they are so faint as to render them almost invisible, at other times they are deep colored, and ruinous to beauty. They are

much more common in women than men, and their medical feature belongs entirely to the female sex.

CAUSE.—Although called “liver spots,” the liver has but little or nothing to do with their development. Derangements of the secretions, more especially those peculiar to women, favor their appearance. Nervousness, an irritated condition of any internal organ, and internal piles, are said to produce them.

TREATMENT.—As the composition of these liver spots is exactly the same as freckles, the remedies mentioned to remove freckles may be tried for *chloasma*, with equal hope of success.

Acetic acid, or tincture of iodine or hydrochloric acid locally applied, occasionally modifies their color. The following *poisonous* mixture, is said to be an effectual:—

A—297.—LOTION FOR LIVER SPOTS.

Corrosive sublimate,	4 grains
Dilute acetic acid,	2 drachms
Borax,	40 grains
Rose water,	4 ounces.

Mix. *Poison.* Apply to spots twice daily.

The most important thing to be done, however, is to find out the cause of the spots, and remove it, and the probabilities are that the spots will disappear. I have seen this take place so often that I will repeat, *find out the cause*, and remove the spots, by removing the cause. Until this advice is heeded, it is useless to apply local remedies.

Fluid extract dandelion in half-teaspoonful doses, three times a day, continued for a long time, is said to favor their removal.

The general health should be improved, the secretions kept active, and exposure to the sun and wind avoided.

LOCKED JAW—Trismus.

Locked Jaw, or Lockjaw, in professional language is known as *Trismus*, and trismus is one variety of *Tetanus*, which consists of a permanent, painful, and irresistible spasm or contraction of the muscles of the body. When the spasm attacks the jaw, face, and throat, it constitutes lockjaw or trismus; when it bends the body

forward, it is called *Emprosthotonos*; when it bows the body backward, it is called *Opisthotonos*; when it contracts to either side, it is known as *Pleurothotonos*. Tetanus of the new-born, a somewhat rare disease occurring about the second week of child-life, and destroying life in a few days, is known as *Tetanus Infantum*.

Tetanus differs from ordinary spasm, the muscular contractions being rigid, permanent, and irresistible.

Lockjaw is by far the most common variety of tetanus, at least in the first stages, but the disease usually becomes quite general through the system in most cases.

CAUSE.—Most cases of locked jaw are the results of injuries. Punctured, lacerated, and crushed wounds, which cause excruciating pain and suffering, are much more apt to produce it than less complicated injuries. A plain, clean cut very seldom gives rise to it. Sudden exposure to cold and dampness is to be numbered among the causes of the disease.

SYMPTOMS.—As lockjaw generally comes unexpectedly, preceded by few indications, and develops rapidly,—sometimes suddenly—it exists as a positive fact from the very start.

An unhealthy condition of the wound is apt to precede its development. There is pain in front of the ear, stiffness of the jaw, the forehead becomes wrinkled, the eyes stare, the nose is pinched, and the distorted and terrible countenance is known as the “sardonic grin.” From the jaw and face the disease passes on, to the muscles of the throat, neck, back, abdomen, chest, and extremities. The mind remains clear, but the patient is unable to sleep. Breathing and swallowing become difficult, and the suffering becomes intense. The spasm is sometimes so great that the teeth are broken by the contraction of the jaw. The least draught of air, and noises, greatly aggravate the spasms. Death takes place usually in from ten to twelve days. It may take place in twenty-four hours, or the patient may linger several weeks. It is a very dangerous disease, about 80 per cent. of the cases following injuries proving fatal; the death rate, when due to other causes, is, however, very much less.

TREATMENT.—As lockjaw is a violent and alarming affection, the instinctive inclination is to give strong medicines in large

doses, frequently repeated. A good authority states that "many patients perish from too strong medication and too little feeding." The most concentrated and nourishing food should be swallowed if possible, and if not, it may be administered per enema. "*Quiet and warmth are indispensable.*" The patient should be placed in bed and kept warm, and absolute quiet should be secured; draughts of air and strong rays of light should be excluded. The bowels should be emptied by injections of warm water or oil. A physician should always be called at once. *Tetanus antitoxin*, when administered early, has proved to be a boon in this complaint. Indeed the disease is now treated in every way from a new standpoint. The instructions of the attending physicians should be implicitly followed.

LOCOMOTOR ATAXY.

This disease is located in the spinal marrow, is slow in progress, often lasting for many years, and the treatment is only palliative, as a cure cannot be expected.

CAUSE.—Weakening influences, such as long continued, depressing fatigue, venereal excesses, or it may come on as a sequel of venereal disease, either acquired or inherited. It is a disease of advanced life, and is more frequent in men than in women.

SYMPTOMS.—It is a form of palsy which affects, not the power to walk, but the control of locomotion. It is a disease rather of sensation than of motion. Were I to give it a new name I would call it *walking palsy*, as the act of walking, in a person so afflicted, is a very conspicuous thing.

The earliest indication of the disease is marked by sharp, piercing pains in the legs. The most characteristic feature of the disease is a rickety gait and difficulty experienced in walking. The subject hobbles along with eyes fixed on the ground, the mouth open, and a cane is kept busy supporting the body, a constant effort being required to maintain the equilibrium.

If a person with this disease is asked to stand or walk with the eyes closed, he will fall at once. The eyesight is often somewhat impaired. The general health may remain good, the

mental faculties remain unimpaired, and the patient live to old age.

TREATMENT.—*Rest*, no doubt, is the most important thing. *Good, liberal diet, out-of-door air, electricity, and temperate habits*, will do more than medicines. *Tonics*, especially when in combination with *strychnine* and *phosphorus*, are given to advantage.

LUMBAGO.

Pains in the back and loins are of frequent occurrence, and when referred to the muscles they are known as lumbago. They usually come on suddenly, and may follow a sudden motion of the body, or straining, as in lifting a weight from the ground.

CAUSE.—Sometimes lumbago is due to rheumatism, at other times to neuralgia; occasionally it exists as a remnant of a sprained back. Persons who have had it once are very prone to future attacks, from exposure, fatigue or strain.

TREATMENT.—When at all severe, the parts should be given a rest of several days; and if there is fever, and constitutional disturbance prevails, a physician should be called. A good cathartic and a *mustard foot-bath* will often give relief. A *capsicum* or *menthol porous plaster* applied to the parts affected will answer for mild cases; *chloroform liniment* answers an excellent purpose; *ironing* the back with a hot laundry iron, protecting the skin by a layer of cloth or paper, is very efficient; a *mustard plaster* or *blister* is often advisable. A *hot sitz-bath* will sometimes greatly relieve the pain. One-half to one teaspoonful doses of *fluid extract of black cohosh* three or four times a day, are said to remarkably benefit some cases.

When the affection becomes chronic, tonics, alteratives, and a change of occupation may be necessary. If due to rheumatism, neuralgia, malaria or other specific poison in the system, appropriate remedies must be used before a cure can be effected. Local *frictions, electricity, and strengthening and anodyne plasters*, will be found useful.

MALARIA.

Malaria is a poisonous *Miasm*, and owes its existence to the presence of heat, moisture, and perhaps vegetable decomposition. Climate seems to greatly influence it. It usually prevails in late summer and early fall, in low, moist, unsettled districts. It is rarely found over five hundred feet above the sea level, and it often becomes greatly modified after civilization has cleared up land and established cultivation of the soil. Water absorbs malaria and sea water destroys it, as it is seldom found near the seashore. Drinking water impregnated with it no doubt often gives rise to bowel affections during summer.

It enters the body through the air, and in the food and drink, and it is more readily absorbed early in the morning than during the heat of the day. An empty stomach tends to invite malarial poison, and those exposed to its influence should partake of food before venturing out in the morning.

Malaria is the cause of a number of diseases, the chief among which are—

INTERMITTENT FEVER OR AGUE.

REMITTENT FEVER.

TYPHO-MALARIAL FEVER.

CONGESTIVE FEVER OR CONGESTIVE CHILL.

MALARIA AS A DISEASE—Malarial Cachexia.

Malaria is a very common term in localities where the poison prevails, and applies to that condition of the system in which characteristic symptoms demonstrate the presence of miasm; yet they are not sufficiently pronounced, or the phenomena do not permit of that outline necessary to place it in the category of those malarial diseases which have been given a name, and which have a well defined history.

Malaria is a condition of the system. It simply means a system impregnated by the poison. A person cannot have any malarial disease without first having the malaria, but a person may have malaria without having any of the malarial diseases

so named. Thousands of persons can testify to this fact. Malaria is a condition in which the poison enters the system, but the system often controls it. It ceases to be malaria when the system yields, and some definite malarious disease asserts itself; then the patient has not malaria simply, but intermittent fever, remittent fever, congestive fever, or typho-malarial fever, as the case may be. When these diseases abate and disappear, unless the poison is eradicated the patient still has malaria, and he may continue to have it in his system for an indefinite length of time. Some persons are very liable to it; others can live in the most contaminated localities and escape it entirely. Those who have lived where malaria prevails and have felt its influence, can fully appreciate the distinction made here as to its nature.

SYMPTOMS.—Independent of any malarial disease, the condition is characterized by a long list of manifestations. The face is pale and sallow, the liver torpid, and the digestion poor, the circulation languid, the blood thin, the body weak and liable to yield to any disease which may prevail. Neuralgia is often the result of malarial taint. General debility and prolonged habitual headache are its frequent results. The periodic nature of malaria will manifest itself, no matter what disease may overtake a person so poisoned. If typhoid fever, it will be periodic in its nature; if rheumatism or pneumonia, they will produce the same tendency.

Much of the suffering resulting from dysentery, diarrhœa, neuralgia, headache, catarrh, dyspepsia, jaundice, and female complaints, is due to the poison of malaria.

TREATMENT.—The generation of this poison is so related to the geographical and natural features of a section, that but little can usually be done from a sanitary standpoint. Mill-ponds, marshy river banks, swamps, decaying vegetation, etc., are, as a rule, beyond the scope of sanitary measures. Much can be done, however, by keeping the house and its surroundings dry and clean, and avoiding the night air. Medical science recognizes but few specifics, but, fortunately for an immense host of sufferers, *Peruvian bark* or *cinchona* as a remedy for malaria is

one of them. *Malaria* cannot thrive where the cinchona tree grows.

Quinine, its most active alkaloid, is largely used for this disease, and the medical profession are a unit in ascribing to it positive powers over the malarial poison. All of the products of the bark—*quinine*, *cinchonidia*, *cinchonina*, *chinoidine*, are antiperiodic in their effect. Formerly, quinine was so high in price that, as a matter of economy, the other products were much used as a substitute; but as quinine is now quite low in price, the cheaper alkaloids are fast disappearing from practice.

Arsenic is, perhaps, second on the list as a remedy of special virtue in this complaint. Taken judiciously, for some time, it will do much to drive the poison from the system.

Eucalyptus is decidedly antiperiodic in its effect, and has been used with good results when quinine seemed to fail. *Iron* and *strychnine*, while they may not act directly on the poison, are so adapted to the treatment of the anæmia and functional derangements so common in malaria, that they form extremely valuable auxiliaries to the more pronounced specifics.

Dogwood bark is said to be extremely useful in the treatment of malaria, but I cannot recall a single instance in which it has been given a fair trial. Its use is now a matter of history.

Iodide of potash is sometimes useful, especially where there is scrofula, or where the disease is specially chronic.

Hydrastis has been used with more or less success.

To recapitulate: *Quinine*, *Arsenic*, *Eucalyptus*, *Iron*, *Strychnine*, and *Iodide of Potash*, are pre-eminently the remedies for malarial poisoning, either acute or chronic. Any of these remedies, except arsenic, may be taken in medicinal doses almost indefinitely, and for malaria should be persisted in for a long time.

There are on the market, and for sale in bulk in almost all drug stores, *Anti-malarial Pills* or *Anti-periodic Pills*, made by different manufacturers, the formulas of which differ very much, but they are well adapted to the treatment of malaria. One of the pills most used for malaria in its various forms is the following, and any druggist can supply them ready made:—

A—304.—ANTI-MALARIAL PILLS. (McCaw).

Sulphate of quinine,	1 grain
Dried sulphate of iron,	$\frac{1}{2}$ grain
Arsenious acid,	$\frac{1}{80}$ grain
Gelsemin,	$\frac{1}{4}$ grain
Podophyllin,	$\frac{1}{8}$ grain
Oil of black pepper,	$\frac{1}{16}$ grain.

One or two pills three times a day.

Or

The following is a preferable combination, and will be found very useful:—

B—304.—ANTI-PERIODIC PILLS.

Sulphate of quinine,	40 grains
Dried sulphate of iron,	10 grains
Arsenious acid,	1 grain
Sulphate of strychnia,	$\frac{1}{2}$ grain.

Mix. Make 40 pills. One pill three times a day.

Or

From three to six *2-grain Quinine Pills* may be taken daily.

The bowels should be kept open, the patient be well fed, and both the night air and morning dew should be avoided.

A change of residence to a non-malarious section is sometimes the only sure remedy. Persons who are subject to rheumatism, pulmonary affections, or nervous disorders, should not allow their systems to remain impregnated with this poisonous miasm.

AGUE.

Ague, *Intermittent Fever*, *The Chills*, *Chills and Fever*, are synonymous terms. It is a disease very common in malarious localities during the summer and autumn months. It is never found in some localities.

CAUSE.—Ague is always the result of *malaria*, a miasmatic poison which heat and moisture produce in localities favorable to its propagation.

New, uncultivated, stagnant, wet and marshy sections, are apt to be malarious. Mill-ponds, fresh marshes and bogs, when filled with decomposing vegetation, generate it in hot weather. Heat, moisture, and vegetable decomposition, all seem to be necessary to its development. Elevated sections, thickly settled portions of cities, and the seashore, are quite exempt from it.

SYMPTOMS.—For some days before the first chill there is usually more or less disturbance of the digestion, attended with headache, constipation, loss of appetite, neuralgic, bone and muscular pains, and atmospheric susceptibility. These symptoms are not, however, always present.

The disease proper is ushered in by a sense of constriction about the chest and stomach, the face is pale, the lips and finger tips become blue, the limbs and muscles become painful and stiff, the feet and hands cold, the patient gapes, stretches, and desires to get near, very near, a fire. The body becomes cold, the head aches, the teeth chatter, the knees knock together, and the entire body gives up to a "shaking ague." The patient goes to bed and demands an abundance of covering, which, however, does no good. The skin is dry, and great thirst prevails; the patient, if allowed to do so, will drink large draughts of water.

The chill lasts from a few minutes to one or two hours; but generally less than one hour.

The coldness moderates, the shivering ceases, the face becomes flushed, the eyes red, the head hot and intensely painful; the mouth is dry, the tongue furred, the skin remains dry, the bowels constipated, the urine scanty and high-colored, the pulse is rapid and strong. The fever is high, and during this stage the suffering is often greater than during the chill. This condition lasts somewhat longer than the chill.

As it begins to abate, the skin becomes moist, and a sense of comfort comes over the patient; his headache vanishes; perspiration becomes general and quite profuse, and he drops into a sleep. When he awakes he is cool and composed. On rising and changing the damp and somewhat offensive clothing, in a short time the appetite asserts itself, and food is eaten with considerable relish. A good night's sleep may be enjoyed, and at about the same hour next day the same experience will be realized. If it begins earlier each day it is supposed to indicate that the disease is increasing in force; if it occurs later it is supposed to mean the reverse. The chill may be very slight, and the fever severe, or the chill severe and the fever mild.

The paroxysms may occur every day (*Quotidian*), every other

day (*Tertian*), every third day (*Quartan*), and there seems to be a natural selection of the disease toward the seventh day. If the chills are stopped, they are apt to reappear about the seventh day, unless extra precautions are taken.

TREATMENT.—All medical writers agree that in *Peruvian bark* and its preparations we have a specific for the chills. While this is, in the main, true, yet it is no small undertaking to cure a case of well established chills and fever. The author knows, by personal experience, that the disposition of all cases of this affection is to “hang on” and the chills return at the least incitement. The paroxysms are easily broken or interrupted, but the above tendency of the complaint remains as a feature exceedingly difficult to completely eradicate.

The treatment may be divided as follows:—

1. The treatment of the paroxysm.
2. To break the chills and prevent their return.
3. To eradicate the poison from the system.

Not much can be done during the chill further than to put the patient in bed and apply heat to the extremities, and when the fever comes on reverse the treatment. *Cooling drinks*, and quietness, will be apt to please the patient better than anything else.

Much has been written in regard to taking something just before the chill begins, to ward it off. I have seen it done with a dose of *chloroform*; but it has never been practiced to any extent, and is hardly practicable.

To break the chills there is no remedy equal to *quinine*. From twelve to twenty grains should be taken daily, between the paroxysms, and the chances are they will at once cease. It should be taken in divided doses, the last dose four or five hours before the time for the next chill.

The following prescription is a desirable way in which to take quinine for this purpose:—

A—306 QUININE MIXTURE.

Sulphate of quinine,	160 grains
Fluid extract licorice,	1 ounce
Simple syrup,	3 ounces.
Mix. Shake well. Three or four teaspoonfuls daily.	

Each teaspoonful of the above contains *five grains of quinine*. It should be taken by beginning soon after the fever has subsided, and repeating every five or six hours. This should be kept up for two or three days after the chills have ceased, and then gradually reduced to ten grains a day. During the fifth and sixth days the dose should be increased, and reduced again when the seventh day has passed. The above treatment will seldom fail to break the chills.

After this has been accomplished, the patient *still has malaria*, and should be treated for that disease. While quinine should be continued, other medicines should be combined with it. *Arsenic*, *Iron*, *Strychnine*, and *Eucalyptus* should all be used, and a thorough and systematic course of treatment adopted and continued until every vestige of malaria is driven from the system. A *change of climate* is often to be advised.

AGUE CAKE.

Ague cake consists of an *enlargement of the spleen*, an organ, the office of which is not definitely settled. It lies near the stomach, and is the seat of the sharp pain in the left side, at the lower edge of the ribs, when we walk or run very fast.

CAUSE.—The spleen may become enlarged in typhoid and some other diseases, but in most instances the enlargement is due to malarial poison—hence the name, “ague cake.”

SYMPTOMS.—The organ sometimes becomes enormously enlarged, and is, as a rule, always more or less increased in size during chills and fever. It may become swollen during the paroxysm, and contract to nearly the normal size between times, yet the tendency is for it to become enlarged, and remain so more or less permanently, as a manifestation of malarial poisoning. It can often be felt, and but little difficulty is experienced by the physician in deciding its nature. Anæmia, loss of appetite, debility, and all the symptoms of malaria are usually present.

TREATMENT.—*Quinine* and other preparations of Peruvian bark must be largely depended upon to remove the trouble. It should be taken in liberal doses, and kept up for a long time. *Iron*, *arsenic*, and *strychnine* are all beneficial.

In obstinate cases, *iodide of potash* should be taken. Painting over the parts daily with *dilute tincture of iodine*, or, what is better, rubbing the parts daily with ointment of *red iodide of mercury* (eight grains to one ounce of prepared lard) will hasten the cure.

CONGESTIVE CHILL.

Known also as *Congestive Fever*, *Pernicious Fever*, *Malignant Intermittent*, and *Malignant Remittent*. This disease occasionally occurs in malarious districts. Why one person, when poisoned with malaria, will have chills every day, another every other day, another have a continued fever, and another have a congestive chill, is not yet understood. Perhaps the existing differences in the constitutional condition of different individuals influence the various results.

CAUSE.—Malaria.

SYMPTOMS.—A congestive chill may come on at any hour of the day or night, without any previous sign, but, as a rule, it begins as ordinary chills and fever, and on the third or fourth day it assumes the congestive type.

The bowels are loose, blood often being discharged; the stomach is irritable; there is great restlessness, thirst, and coldness of the surface; the tongue is pale and furred; the skin livid, pale, and shrunken; the pulse is weak and rapid; the countenance anxious, and the breathing oppressed. Some part of the body usually takes the force of the disease; if it be the brain there is delirium, headache, or stupor; if it be the lungs, the breathing will be oppressed, the lips blue, and a sense of suffocation is experienced. The paroxysm lasts from three to many hours, and reaction is not always complete. The second paroxysm may come on in less than twenty-four hours, and is much more grave than the first in its results, and the third chill, if it occur, is very apt to prove fatal.

TREATMENT.—A resort to statistics will show the importance of securing early and intelligent medical aid in this disease. Carefully collected results show that without treatment about seventy-five cases in one hundred die; with treatment only about thirteen in one hundred.

If a member of the family is so stricken, waste no time in trying the virtue of any domestic remedy or patent medicine, but send *at once* for a regular practitioner of medicine, and give his efforts faithful co-operation.

During the chill, reaction should be encouraged by the liberal use of *external applications*; place *hot-water bottles, hot bricks, bags of hot salt or sand* to the limbs and extremities. *Mustard plasters* should be placed over the stomach, the spine, and on the limbs; or the extremities may be *rubbed with brandy and red pepper*. As soon as the symptoms have abated, *quinine* should be given before the time for the next paroxysm. The attending physician will use his judgment in regard to this matter. He may find it necessary to give the quinine under the skin, or introduce it into the rectum, or he may, perhaps, wish to combine morphia with it.

In all cases where a physician cannot be procured, *quinine* should be given in ten or fifteen grain doses, so that at least thirty or forty grains shall be taken three or four hours before the next attack, remembering that, unlike ordinary ague, a congestive chill may come on at night, and the above named measures should be in constant readiness, if needed to ward off an approaching paroxysm. After the danger of the disease has passed, it should not be forgotten that the patient still has malaria, and should be treated for that condition.

REMITTENT FEVER.

Known also as *Bilious Fever, Bilious Remittent Fever*, and when severe as *Typho-Malarial Fever*; is similar to the chills in many respects. The chill is less pronounced, the fever more prolonged, sometimes becoming continuous, and the disease runs a much more definite course.

CAUSE.—Malaria.

SYMPTOMS.—Languor, depressed spirits, headache, nausea and coated tongue, mark the approach of this complaint. It begins with a chill, lasting less than an hour, not very severe, followed by fever with hot, dry skin, quick pulse, flushed face, throbbing headache, dullness of mind, pain in the limbs, with more or less

nausea and vomiting of bile. The bowels are constipated, the pulse rapid and full, the thirst greatly increased.

Sometimes in from ten to twenty hours the fever abates, and the skin becomes moist, and perspiration may be quite profuse; the symptoms do not disappear, but are only subdued for a few hours, when, in about twenty-four hours from the first attack the paroxysm returns and there may be a slight chill followed by a fever as before. The period of abatement becomes less pronounced each day, until within three or four days, when the fever becomes continuous. The tongue is coated yellow, the stomach is irritable, the bowels either constipated or loose, the discharges clay-colored or bilious and offensive, the patient is restless and the mind sometimes wandering; the skin is sallow and yellow. The duration of the disease can sometimes be checked during the first few days; if not, it usually lasts from seven to ten days, but may continue for several weeks, accompanied with grave typhoid symptoms, such as rapid pulse, dark, dry, cracked tongue, and great prostration. Sometimes it is complicated by inflammation of the stomach, bowels, liver, brain and lungs, and death may result.

The severity of this disease is extremely variable. Sometimes it is so slight as to scarcely require confinement in bed, while other cases will rival in severity the most pronounced cases of typhoid fever. Such is known as *typho-malarial fever*.

TREATMENT.—This is the work of the physician, and his counsel should always be secured. He can often greatly modify, if not cut short the disease, if called early. *Early treatment is of great importance.* Before the discovery of quinine, the disease was quite fatal. Alexander the Great, Charles V, James I, and Oliver Cromwell, all died of remittent fever. Quinine has revolutionized the treatment of it, and the disease is now seldom fatal.

The indications for treatment are, perhaps, five or ten grains *Blue Mass*, followed by a full dose *citrate of magnesia* or *Rochelle salts*. When the fever is high, *Sweet Spirits of Nitre*, or *Spirits of Mindererus* should be given, and *lemonade* and *cold water* freely drank. Before the above medicines are given, it must be decided that it is not a case of *genuine* typhoid fever. If the stomach is

irritable, *lime water*, small *pieces of ice* internally, *mustard plasters* over the stomach, and *hot mustard foot-baths*, should be employed.

Quinine is pre-eminently the remedy for this disease. As a rule, it is best not to give it at the height of the fever, but when it is least pronounced. As much as fifteen grains should be taken every twenty-four hours. If the case seems severe, it may be given at one dose; but, as a rule, small doses, one or two grains every hour or two, are to be preferred, regulating them according to the amount of fever. But the above amount should be used each day. The *quinine mixture*, mentioned in the article on *Ague*, is a good way to give it. In ordinary cases, six to ten grains per day will suffice, and it should be continued for weeks.

It should not be forgotten that after the fever has abated and convalescence is established, the patient *still has malaria*, and that a thorough course of treatment is often essential to complete restoration. The physician should, therefore, not be discharged, but the use of *quinine*, *arsenic*, *iron*, and *strychnia* persisted in until recovery is complete. Sometimes *iodide of potassium* will greatly assist recovery after such attacks. *Elixir of pyrophosphate of iron quinine* and *strychnine*, is admirably adapted to prolonged use, and in cases of this kind cannot fail to help.

Repeated attacks of remittent fever are serious drains on the constitution, and favor the développement of *anæmia*, *dyspepsia*, *debility*, and *consumption*; and I am sure that in some instances it is good policy to forego the comforts of present associations and surroundings, and migrate to some locality where *malaria* does not exist.

MARASMUS—Atrophy.

Marasmus, in its proper sense, consists of a gradual wasting of the tissues. It is, perhaps, *scrofulous* in its nature, largely confined to young children, and inclined to a fatal termination.

It is due primarily to an inherited condition of the system. Bad sanitary conditions, *improper food*, and lack of pure air, all tend to produce it.

Children so affected are pale, weak, and sickly. The abdomen is swollen and hard, the appetite variable, the bowels irregular,

the discharges unnatural and offensive. As the disease progresses it is attended with hectic fever, thirst, restlessness, and great emaciation.

TREATMENT.—This belongs to the realm of *hygiene* and *dietetics* rather than that of medicine. The patient should be placed on the best possible diet. Mother's milk is, of course, the best diet for an infant; a wet nurse is the best substitute, and good, healthy cow's milk is the next best article. Its quality should be submitted to the inspection of the family physician, and given as his judgment may dictate. If baby foods are to be resorted to, do not gain a knowledge of them through the medium of advertisements, but consult the physician, or some standard work on foods and diet. Fresh air and cleanliness will greatly aid other measures.

Cod-liver oil is, perhaps, the best article in the way of medicine, and it may be used both internally and externally. If the bowels are constipated, the stools clay-colored and pasty, small doses of *phosphate of soda* will be found useful.

MEASLES.

Measles, *Rubeola* or *Morbilli*, is a well known contagious, eruptive disease, occurring in epidemics.

CAUSE.—Contagion. Measles is a typical contagious disease, and few persons escape having it during some period of their lives.

It usually occurs in childhood, yet some escape to have it during adult life, and a fewer number escape it altogether. One attack gives almost absolute immunity from future attacks.

SYMPTOMS.—The first symptoms of measles are almost exactly the same as those that accompany acute catarrh or coryza, namely, fever, watery eyes, headache, sneezing, running at the nose, and cough, which are all thoroughly developed, and are characteristic of the disease. Diarrhœa is usually present. About the fourth day the eruption begins to appear; first on the face and neck, and thence it extends until the entire body is covered.

The development of the eruption is attended by an increase of fever. The rash lasts three or four days; then begins to fade, and

the fever to abate. By the ninth day of the disease, both rash and fever have disappeared. The rash frequently comes off in fine scales, and is attended with severe itching. After the fever abates, the patient is weak, pale, and often quite emaciated. The cough is often the last symptom to disappear. The eruption of measles consists of slightly raised red spots run together in irregularly shaped blotches, with natural colored skin between them.

GERMAN MEASLES OR FIRE MEASLES, sometimes occurring in epidemics, seems to be a *hybrid* of both *measles* and *scarlet fever*. It resembles measles very much, but the symptoms are not so uniform; the eruption is not bright-colored as in measles, and is grouped together in much less regular blotches.

Sore throat is much more prominent than in genuine measles, and there is often hoarseness, and inability to swallow. Like genuine measles, it is contagious, and affects children especially.

TREATMENT.—Put the patient in a *well ventilated, yet moderately warm* room, covering lightly with bed-clothes. *Cooling laxative drinks* should be given, and the patient should be kept warm and quiet. *Boneset tea, sage tea*, and other *warm drinks* assist in bringing out the eruption; yet, as a rule, such measures are not needed. *Syrup of Ipecac* may be given to loosen the cough. If there is marked debility, *quinine* and *highly nourishing food*, such as *bread, milk* and *eggs*, are required.

Care should be taken that pneumonia, bronchitis, or chronic cough do not develop as a complication or sequel to this disease. Measles seems to invite the development of pulmonary disease in those so inclined, and those who are scrofulous usually find their symptoms more aggravated and active after an attack. The family physician should not be dispensed with until recovery is thoroughly complete.

A change of air—a sojourn at the *seashore*—and *iodide of potash, iron, arsenic, or cod-liver oil*, should be used, if the health should become impaired after the disease has left the system.

TUBERCULAR MENINGITIS.

Recent years have brought to the notice of the people a peculiar disease, scrofulous in character, much more common in young children than in adults, and which, in most instances, terminates fatally. Tubercular meningitis consists of a scrofulous inflammation of the membranes of the brain.

CAUSE.—An inherited tendency to the disease, a scrofulous taint of the system, bad hygienic conditions, improper food and clothing. One child may have a tendency to, and become a victim of the disease, and other children in the same family may be strong and healthy.

SYMPTOMS.—The disease is most frequently observed in children between the ages of three and ten years. The first symptoms are those of impaired health, faulty nutrition, headache, loss of appetite, emaciation, nausea and vomiting, sensitiveness to the light, fever, delirium, and great mental irritability. The disease runs its course in a few days or a few weeks, and the tendency is to end fatally.

TREATMENT.—Measures to *prevent* will prove much more efficacious than medicines to cure this disease. Pure air, moderate out-of-door exercise, wholesome food, suitable clothing, and well appointed hygienic measures of every kind, should be considered and made use of.

Cod-liver oil may be used to excellent advantage in this disease, and should always be tried. Indeed, parents who have sickly, puny, or scrofulous children should not wait until some treacherous malady has fastened itself upon their offspring; but they should begin as soon as practicable, in infancy, to fortify the system against such diseases, and there is no agent better adapted to do this than cod-liver oil. One teaspoonful given after meals, and continued for a long time, will often have a most happy effect upon young children. If it proves distasteful to them, it can easily be made into an emulsion by a druggist, and rendered pleasant to the taste. Children, however, often acquire a relish for it, provided they are given an article free from rancidity.

Syrup of iodide of iron is also a remedy of value, and may be

tried. After the disease has seated itself, it is very difficult to bring about a favorable result. The combined efforts of parents and physician should be employed to secure the best possible results in cases of this kind.

MOUTH BREATHING.

Few people realize that breathing through the mouth is a disease. It is a disease with a long list of symptoms. It was intended that we should breathe through our nostrils, and we cannot transgress the laws of our Maker with impunity.

A little book has been written on this subject (*Mouth Breathing*, by Dr. Clinton Wagner, Putnam & Son, New York), which all who appreciate good health should read. This writer says: "Habitual mouth-breathing, and the long train of evils consequent thereon, have attracted my attention for many years past. The public seem to be wholly ignorant of the perniciousness of the practice, and physicians rarely appreciate how powerful a factor is the habit in the causation of numerous pathological conditions; and for this indifference, if I may so term it, they are not altogether culpable, as the literature on the subject is so exceedingly meagre."

The American people are a nation of mouth-breathers, and I am convinced that the national physique has deteriorated thereby. I have carefully studied this subject, and it is astonishing how many are mouth-breathers, a large number of the victims having abandoned nose-breathing altogether. A careful observation will reveal the fact that a great many persons, especially among young people and children, do not breathe through the nostrils at all.

Those who breathe through the mouth claim that they do so because they have nasal catarrh. They are ignorant of the fact that they have catarrh because they thoughtlessly formed the habit of mouth-breathing.

Children begin life by breathing through their noses, and they should never be allowed to abandon the habit. Breathing through the mouth causes catarrh, sore throat, and asthma, and invites a

whole train of constitutional disorders. The "snorer" and the "hawker" are both mouth-breathers.

It is said that those who cease to breathe through the nose lose courage, and are frail in body, mind, and energy. They are fickle in business, and timid in war. The American squaw teaches her offspring to breathe through its nostrils, and the peculiar contour of the Scotch nostril makes nose-breathing easy; and what two nations are more distinguished for heroic courage and intrepid valor, than the American Indian and the Scottish Highlander?

It is a fact, well demonstrated, that unused physical parts become powerless and waste away. Animals and fish which discard light become blind. It is a fixed law of nature that nothing exists in vain. The American people are ceasing to use their nostrils, and to the trained eye the change in the contour of the face, is developing a new physiognomy. Uneven and protruding teeth, dry mouths, hanging lips, partial deafness, loss of smell, pigeon breasts, weak throats, snuffles, asthma, and sore eyes, are some of the results of mouth-breathing; and these things are potent factors in robbing manhood and womanhood of that radiant countenance, which has not only given them supremacy, but has given to the world the grandest examples of the lovely, beautiful, and sublime. Oh, for an age of nostril breathing!

MUMPS.

Mumps, or *Parotitis*, consists of a specific inflammation of one or both of the parotid glands. These glands are located just below the ear at the back part of the jaw.

CAUSE.—Contact with the specific poison. The disease is contagious.

SYMPTOMS.—The glands become swollen, painful, and tender. As a rule there is no fever. The disease lasts about a week, and aside from the local discomfort there may be a mild indisposition.

These glands swell from other causes, and unless the mumps are prevalent, it would be well to consider the trouble due to some other cause. An old-time test in the early stages of the affection

is to warm a little vinegar in a cup and let the patient taste it. The intense pain felt if it be mumps, is a sign of the disease.

Once in a long time, exposure to cold may cause metastasis, a sudden transfer of the disease from the parotid gland to the testicles, breasts, or brain.

TREATMENT.—Remain indoors and use special care not to catch cold. Mild *laxatives* should be given, and the parts bathed in *Soap Liniment*, to which may be added a small quantity of *laudanum* to relieve pain. Rubbing the parts with the grease taken from the jaw-bone of the hog is a popular domestic remedy in some localities. If the pain is severe, a flannel cloth may be wrung out in hot water containing a few drops of laudanum, and applied to the parts.

If metastasis takes place, a physician should always be consulted.

NERVOUSNESS.

Nervousness, *Neurasthenia*, is only a symptom of some morbid condition of the nervous system.

The amount of nerve force seems to vary in different people as greatly as does the amount of money they possess. Some families and some persons seem to have an inexhaustible supply; while others live very close to the margin of nervous bankruptcy, and the least drain made upon their nerve force leaves them all unstrung.

CAUSE.—Nervousness indicates a morbid condition of the nervous system, and is often the only symptom indicative of an unhealthy condition.

It is so affected by outside influences, that the internal conditions may not amount to more than the base upon which outside forces can operate.

Overwork, excessive mental study or emotion, anxiety, grief, close confinement, malaria, constipation, neuralgia, pain, and affections peculiar to women. Heredity is also a common factor, and an intense nervous organization is very characteristic of some families.

SYMPTOMS.—Nervousness may come on gradually, or it may

suddenly develop. It may manifest itself in a multitude of ways. In most instances it is associated with chronic impairment of the general health. When we consider that the nerves ramify every portion of the body; that the organs of sense are dependent upon nerve force; that both sensation and motion, and the mechanical routine connected with life, are all carried on by nerve power, we can only expect that nerve derangements may exhibit almost any phenomena. Hence, we have nervous headache, nervous dyspepsia, nervous skin diseases, nervous cough, nervous toothache, etc. Nervousness not only aggravates other diseases, but blends with them, from a pathological standpoint, in a remarkable manner.

TRTAMENT.—To set forth a practical plan of treatment for nervousness is difficult. It has been already stated that outside influences are often the strongest factors in causing derangements of the nerves, and the *environment* is to be *first* considered in the cure. Therefore, a *change* is very desirable. Again, the affection is often due to overwork of mind or body. Therefore, *rest* is essential. The strain of business, anxiety and monotony of life, often produce it. Consequently, *relaxation* is necessary. Ill-health is often the real cause. Therefore, *improvement of the general health* is required.

The four main agencies to employ, therefore, are:—

A change in surroundings.

Rest.

Relaxation.

Improvement of the general health.

Visiting friends; a sojourn at the seashore; indulging in out-of-door amusements; are all to be recommended.

Rest is extremely beneficial. In opulent practice a plan is in vogue to put such patients to bed and keep them there for at least three weeks; feed them systematically, using bathing, massage, passive exercise, etc. The patients are kept as free from exertion as though they had typhoid fever, and the return to physical exercise is made as gradual as that which follows a long spell of sickness. This cannot, as a rule, be adopted; but a nap during the morning, and a rest in bed for an hour or more in the after-

noon, an early retirement at night, and the entire abandonment of all that induces fatigue, are potent measures within the reach of almost every one.

As a rule, a liberal amount of easily digested food is necessary.

Electricity, massage, and calisthenics, combine pleasure and profit to the nervous patient.

Medicine is of little or no value in nervousness. Perhaps I ought to say it is generally harmful. I do not believe in carelessly swallowing "*nervines*." When nervousness is due to some existing derangement or disease, a physician should be consulted, and the cause removed if possible.

ACUTE NERVOUS ATTACKS are best treated by *rest, quiet, hot foot-baths*, small doses of *valerian, asafoetida, hop tea, camphor*, or *bromide of potash*; but even in sudden attacks, medicine should be resorted to as seldom as possible. No class of individuals fall victims to the opium, chloral, or alcohol habit, easier than those who are weak nerved.

NEURALGIA.

Neuralgia, in popular language, conveys the idea of pain dependent upon nervous derangement. It may attack any part of the body, and is often named according to the part affected.

Neuralgia of the sciatic nerve is called *Sciatica*; of the face, *Facial Neuralgia* or *Tic Douloureux*; of the stomach, *Gastralgia*, etc. Headache, toothache, earache, and many other painful affections are often the result of neuralgic tendencies.

CAUSE.—Hereditary influences come first. It is oftenest seen in middle life, and women are more subject to it than men.

Someone has said that neuralgia is "the nerves crying for pure blood." No doubt this expression applies to a very large number of cases. Malaria, gout, hysteria, asthma, epilepsy, syphilis, and dyspepsia, all produce neuralgic pains. Anæmic persons are very prone to it.

The more immediate causes of the complaint are atmospheric changes, exposure to cold, and deranged secretions.

SYMPTOMS.—Pain is the only symptom of neuralgia proper, yet the pain and accompanying condition may bring on a variety of

symptoms. When the affection attacks the sciatic nerve, the stomach, the heart, or the face, the suffering is often intense.

Neuralgia may be so faint as to escape the attention except when the mind has nothing else to think of, or it may be so severe as to render life an agonizing burden. It may last but an instant, or it may linger a lifetime. It is most common about the face and head. Frequently, one side of the face or head only will be affected.

TREATMENT.—Neuralgia is often difficult to cure. While at college the writer became acquainted with a gentleman who had spent \$20,000 trying to get rid of facial neuralgia. He had been an intense sufferer for many years, and had been under the treatment of many of the leading physicians of the world.

When a person is suffering with an attack of neuralgia what is the best thing to do to relieve the pain?

Procure one dozen two-grain *Quinine Pills*—take three at once, and one every six hours, and bathe the parts affected with some good *counter-irritant*.

If the pain is the result of fatigue, *rest* and plenty of food will often cause it to vanish.

A drink of *hot beef tea*, *hot lemonade*, or any hot drink, will prove beneficial.

Hot applications are generally useful, but sometimes cold ones answer better.

Electricity is one of the best remedies, when properly applied.

Blisters, *mustard plasters*, *chloroform liniment*, or *laudanum*, are all calculated to benefit, especially when the pain is confined to a definite locality.

Or

Liquid *Chloral-Camphor* painted over the affected parts and allowed to dry, is very useful.

Or

Equal parts of *Oil of Peppermint* and *Ether* form a very effectual liniment.

Or

Sixty grains of *Menthol* dissolved in two ounces of alcohol applied over the painful area, is a popular prescription, or

the *menthol cones*, for sale in every drug store, may be used instead.

But Neuralgia is usually a chronic disorder and is usually accompanied with impaired health, anæmia, malaria, consumption, or some affection requiring special treatment.

A change of surroundings, rest, a liberal diet, and tonic medicines, are all valuable in removing the condition. There are few cases of neuralgia that *iron* and *quinine* will not benefit. The secretions should be attended to, and the free action of the skin and bowels encouraged.

The habit some people have of resorting to such pernicious remedies as morphine and stimulants, for neuralgia, cannot be too strongly condemned.

NIGHTMARE.

Nightmare consists of a distressing sensation felt during sleep, attended with a sense of suffocation and inability to speak or move. There is always great effort made to cry out or move, but not until the condition begins to abate can the effort succeed.

CAUSE.—Indigestion, peculiar nervous organization, heart disease, anæmia, malaria, etc., and sleeping on the back.

TREATMENT.—Remove the cause and the trouble will disappear. If there is constipation it should be overcome and the general health improved. The diet at supper should be light, and a desire for food before going to bed should not be indulged. Poor sleepers, who are feeble in health, should lie on their right side. This position favors repose of the internal organs, while lying on the back is most apt to cause unpleasant or disturbed sleep.

Two teaspoonfuls of *camphor water* at bedtime are said to prevent nightmare.

NIGHT SWEATS.

Night sweats are caused by a low, debilitated state of the system, and most cases occur during the progress of pulmonary consumption, as an accompaniment of hectic fever. The hectic fever will begin in the afternoon, and with variable intensity continue until late in the night, to be followed by a night sweat. Sometimes

the sweating is remarkably profuse, the bed becoming saturated. Night sweats often occur, however, when there is no disease of the lungs. They are quite common where the system has been weakened by malaria, and where convalescence fails to follow acute and exhausting diseases.

TREATMENT.—Overheated rooms and a superabundance of bed clothing often greatly aggravate night sweats, and in all cases the temperature of the apartments and the coverings should be closely watched and carefully regulated. Heavy cotton bed quilts should not be placed over a very weak person, as they are a burden to the strength of the patient. *All wool* blankets are far preferable.

As the sweating is due to the weakness and debility of the patient, it is apparent that the most practical treatment is that which tends to lift the patient to a point where the strength will prohibit night sweats. A full supply of concentrated, easily-digested food, is always to be encouraged. Tonic medicines, such as *iron*, the astringent *mineral acids*, and *quinine*, should be used.

Sponging the body at the hour of retiring, with diluted *vinegar*, is very serviceable.

Or

Hot vinegar, largely charged with capsicum, will be found effectual.

Or

Bathing with *alum water* (one teaspoonful of powdered alum to a pint of water), or using spirits or diluted alcohol instead of the water, when the expense is not to be considered.

Internally, *belladonna*, or its alkaloid, *atropia*, is more used to control night sweats than any other drug. One or two doses of belladonna may be taken during the evening, or, what is far better, a hypodermic of $\frac{1}{80}$ grain of atropia at bedtime.

Or

Ten- or fifteen-drop doses of *aromatic sulphuric acid*, well diluted and taken through a glass tube, will serve a good purpose if it agrees with the stomach.

Or

Cold sage tea drank at bedtime.

OBESITY.

This condition, also called *Corpulency* since the advent of "anti-fat," when amounting to discomfort, is considered a case to be remedied by medical agents.

CAUSE.—Lack of exercise, over-eating,—especially of the fat-forming foods—and great activity of the fat-making organs.

TREATMENT.—Foods containing fat, starch, or sugar, have a tendency to increase fat; such articles as bread, butter, milk, sugar, pastry, potatoes, corn bread, fat meats, and beer, should be avoided by those inclined to obesity. Water is fattening, and its use should be restricted where it is desired to decrease the adipose tissue. Animal food, whole-wheat bread, and green vegetables, are not fattening, as a rule, and should be selected for food when it is desired to reduce the weight.

A person who contemplates making an effort to reduce his weight by dieting, should procure a book on the subject of diet. "*Outlines for the Management of Diet*," by Dr. Edward Tunis Bruen, is one of the best. *The Banting system*, or *Bantingism*, as set forth by William Banting, consists of resorting to a diet of non-fat forming foods; indeed, this is the only rational method to adopt.

Medicines taken for this purpose accomplish the end by deranging the digestion and impairing the health, and should be avoided. "Graceful contour is too dearly bought at the expense of the general health, and what cannot be done by a careful diet, will not be undertaken with the use of medicines, by sensible people."

THE OPIUM HABIT.

More than any other slavish habit, that which heads this article escapes the notice of the general public. Its cause, nature, and treatment, are subjects but little discussed, much less understood.

In almost every town and neighborhood there are those who are helpless slaves of opium in some of its forms. In some sections the consumption of this drug is appalling. All the prepa-

rations of opium are used in this way, the list embracing Laudanum, Gum Opium, Morphine, Bateman's Drops, McMunn's Elixir, Paregoric, Godfrey's Cordial, and Soothing Syrup. The first three named are the chief dependence of the habitués of the drug.

CAUSE.—An investigation of the causes which lead to the opium habit implicates not only the victim, but the druggist, the physician, and the people. We are all at fault, and the author has often thought that the one who swallows the drug is, of all concerned, the least responsible.

The child that inherits a craving for narcotics, is fed during infancy on soothing syrups or cordials, is taught in childhood to use tobacco, and, perhaps, during some painful and prolonged illness is liberally dosed with opiates, at last finds the habit a second nature, and it is unkind and unfair to impose upon such the infliction of guilt. I have seen so many instances of this kind, that my pen refuses to render a harsh verdict against opium eaters. Perhaps nine-tenths of the victims of the opium habit began its use as a medicine to relieve some lingering pain. Physicians are not as careful as they should be in prescribing opiates, and druggists are often grossly unjust to both doctor and patient in not making known the danger of refilling prescriptions containing them; in such cases the druggist alone is the responsible party. The practice of giving children cordial drops or soothing syrup for every little pain, until they cry for it, is criminal. Such a practice tends to arrest physical and intellectual growth, and sometimes produces a species of mental curtailment akin to imbecility. Writers upon the subject have often tried to give the impression that opium eating causes weird and fascinating fancies, poetic visions, and golden dreams; but my experience with a large number of cases has failed to reveal a single example of the florid romances of which we read. These fanciful writings have no doubt been read by persons foolish enough to risk the aims of their existence in order to test the delusions of opium drunkenness. There are few things worth living for that are not sacrificed—completely and hopelessly sacrificed—by the opium eater.

TREATMENT.—In nothing will PREVENTION prove more beneficial than when applied to the opium habit. It is infinitely more easy to prevent the formation of the habit than to destroy it when once established. People should be taught to shun the opium habit as they would the leprosy.

One of the highest authorities says: "There is no remedy for the opium habit," and from much experience I am convinced that no condition is more intractable. There are many advertised cures and antidotes, but I am yet to find the first one worthy of credence. Some years ago a certain remedy was widely used as a "cure," and a pamphlet was circulated giving the names of a great number of people who, it was claimed, had been entirely cured of the habit by its use. On account of the standing of the manufacturers I was induced to try it, and after several weeks' trial on a score or more of opium eaters, and an outlay of several dollars from my own pocket, another pamphlet was placed in my hands, the author of which claimed to have gone to the trouble of investigating the truth of the first mentioned circular, and out of scores of testimonials from persons claiming to have been cured, he found that all but two had gone back to the habit, and that these two were doubtful. His opinion was that at no time had the use of the drug been suspended, although scores of testimonials from these hypocritical patients were flooding the country. This naturally raised a suspicion that my patients were deceiving me, and I adopted measures to find out, and to my surprise, I found that all but one had never ceased to use opium at all, and the single exception was lost sight of before I had time to satisfactorily investigate his case. Before the second circular was received I was flattering myself that I had cured a score of poor victims of this baneful habit, as all of them claimed to have abandoned its use, but the real facts disclosed my efforts as the benefactions of a dupe.

Improvement of the general health, a change of surroundings, the absolute control and surveillance of the patient by determined friends, and a gradual withdrawal of the drug until at the end of a week it is entirely abandoned, constitute a rational

treatment. This must all be the work of attendants, as no confidence can be put in the patient's will, courage, or statements.

Substitutes and *Antidotes* are to be avoided, as they are very apt to contain opium in some form.

A well-regulated *Home* or *Asylum* offers the best facilities for treating affections of this kind, and when it can be afforded such a course is always to be recommended.

OZÆNA.—See Chronic Nasal Catarrh.

PARALYSIS.

Paralysis, or *Palsy*, consists of a partial or total loss of the power of one or more of the muscles of the body. The sensation of the parts involved is generally more or less impaired. There are many varieties of the affection, according to the cause, as *Cerebral Palsy*, when due to brain disorder; *Spinal Palsy*, when from the spinal cord; *Lead Palsy*, when due to lead poisoning; *Hysterical Palsy*, when due to hysteria, etc. It is also named according to the location, as *Facial Palsy*, *Writer's Palsy*, *Amaurosis* of the optic nerve, etc. Among other varieties may be named *Diphtheritic Palsy*, resulting as a sequel of diphtheria; *Wasting Palsy*, *Paralysis of the Insane*, *Paralysis Agitans*, or *Shaking Palsy*, *Infantile Paralysis*, etc. *Paresis* is slight Paralysis.

CAUSE.—Paralysis may result from many causes; the chief, however, refer to the brain and spinal cord. When the brain is the seat of the lesion, the palsy is apt to be confined to one side, and is known as *Hemiplegia*; when the spinal cord is involved, all that portion of the body below the point affected is paralyzed, and it is known as *Paraplegia*.

The formation of a blood clot or the growth of a tumor within the skull, softening of the brain, thickening of the membranes of the brain and spinal cord, pressure upon a nerve, the presence of lead or mercury in the system, constitutional diseases, and impairment of the nerve centres, are all liable to produce palsy in some of its forms.

SYMPTOMS.—A loss of motion or sensation, or both; inability to speak or move. When confined entirely to the face or head, it indicates that the brain is involved; when the head is exempt and the symptoms are all below some point in the spinal column, it shows that the spine is the seat of the lesion.

TREATMENT.—When the palsy is due to the formation of a blood clot within the skull, the treatment is the same as for Apoplexy. A physician should always be given charge of such cases, as it is a great misfortune to become hopelessly paralyzed. When the general health is at fault, no pains should be spared in building up the system. The patient must be liberally fed, the secretions attended to, and the action of the skin favored by frictions and bathing. Both patience and perseverance are required in managing a case of lingering paralysis.

Electricity, when properly applied, is often of great service, especially in the chronic forms of palsy. The use of the instrument should always be under the supervision of a physician or specialist. *Strychnine* and *Phosphorus* are generally prescribed in paralysis, and both are of great value in some of its forms. *Iron*, *cod-liver oil*, *quinine*, and other tonics, often serve a good purpose. The main dependence should, however, be placed in following the advice and faithfully co-operating with some competent physician.

PELLAGRA

Pellagra, *Maidismus*, *Italian Leprosy*, etc., has been prevalent in the southern states for years.

CAUSE.—Bad sanitary conditions. Food from spoilt grain, especially corn-meal. Most prevalent in the spring, among persons between 20 and 40 years and especially among colored people.

SYMPTOMS.—Languor, debility, nausea, occasional diarrhœa, roughness, discoloration and exfoliation of the skin, sore mouth and throat, and mental decay. The disease is chronic.

TREATMENT.—Correct diet, especially when prepared from corn-meal. Improved environment and sanitary conditions. Medical treatment consists of attention to symptoms as they arise.

PILES OR HEMORRHOIDS.

This affection consists of small tumors, of variable size, situated at the verge of the anus, or just within the bowel.

They are named according to their location and character—*External* and *Internal*; *Bleeding* and *Dry*.

CAUSE.—Anything which irritates or causes a determination of blood to the parts may produce them. Constipation or diarrhœa, an attack of dysentery, sedentary habits, straining at stool, tight lacing, horseback riding, standing on the feet, pregnancy, the use of cathartics, and an inherited tendency to the disease.

SYMPTOMS.—The first symptom is generally a weight or sense of fullness with more or less pain in the rectum, which is generally aggravated during, or following the act of stool. Backache, and pain down the thighs, are often present. When the disease is more aggravated, there is an intense burning, itching sensation, accompanied by throbbing. There is a disposition to linger at stool, the discharge not feeling complete.

EXTERNAL PILES may be felt as nodules or tumors, varying in size from a pea to a cherry, consisting of blood which has oozed from the tissues. If they have existed for a long time, the contained blood becomes clotted and hard.

INTERNAL PILES, also known as *Blind Piles*, are located within the bowel. When they discharge blood they are called *Bleeding Piles*, otherwise they are known as *Dry Piles*. Internal piles differ somewhat in their structure from the external, but in point of size and number of tumors the same description will apply.

The bleeding is often quite profuse, amounting at times to what seems to be a pint or more during a day and night, greatly weakening the patient. Or the bleeding may be a daily occurrence and continue on for years. Such persons are surprised to know what a loss of blood they can experience and escape any very great impairment of the general health.

The disease is very irregular in its manifestations. A severe attack will cause great discomfort, lasting for a few days, more or less, and then the symptoms will subside, the patient almost for-

getting he is predisposed to the complaint, when, perhaps, some indisposition or indiscretion will develop another attack. In many instances the tumors become a permanent fixture, and as old ones become absorbed, new ones take their place and a continual annoyance is experienced. This condition of affairs may go on for a lifetime, and, aside from the local trouble, excellent health may be enjoyed; indeed, the theory is often advanced, and not without strong argument in its favor, that piles often prevent or hold in abeyance more serious diseases, especially of the vital internal organs.

Sometimes the drain produces anæmia and great debility.

During defecation internal piles are apt to come down and protrude, causing intense pain, bringing the sufferer into a sweat or perhaps to the point of fainting. The replacement must be done by gently manipulating the tumors with mild pressure.

TREATMENT.—The treatment of piles is largely indicated by their location.

External piles can often be quickly, painlessly, and effectually cured by a small operation by a physician, consisting of emptying the tumors of their contents. It is always wise to consult a physician in this complaint, yet I am aware that it is seldom done. While the above is the radical and, no doubt, the best method, for reasons unnecessary to mention, people usually treat themselves, consequently the treatment of all varieties is usually confined to measures calculated to palliate and relieve for the present only.

Much can be done by *regulating the diet*. A good authority has said that "there is nothing in the world that will produce so great relief in piles as *fasting*. If the attack is severe, live a whole day or even two days, if necessary, upon *pure, cold, soft water* alone." While this may not always be practicable, yet nothing will more surely modify the disease than conforming the diet to the requirements of the case. By resorting to a limited amount of *light* food, the congestion of the parts, upon which the pain and discomfort depend, is relieved. Animal food should be avoided during a severe attack.

The bowels are best emptied by the use of *warm-water injections*,

and when the parts are tender and irritable it is best to allow the injected fluid to remain in the bowel long enough to soften the hardened fecal material.

The use of the syringe is indispensable in this complaint. When it is due to constipation, nothing can take the place of the rectal syringe, and the injections should be regular and abundant.

Strong purgatives should be avoided, and *laxatives* only employed. Magnesia is, as a rule, irritating to piles, and the same may be said of the various saline cathartics to a certain extent, including some of the saline mineral waters. The local treatment includes extreme care not to irritate by straining at stool, by lifting, or other violent exercise.

Extreme cleanliness is imperative. The parts should be bathed after each stool with *cold water*, to which may be added a teaspoonfull of *laudanum* to the pint, followed by an application of *vaseline* or some *good ointment*. Marked relief will often attend the injection of a pint of cold water at bedtime.

Should profuse hemorrhage occur, or the bleeding be obstinate, it should be checked by the local application of *ice* or *cold*, and the injection of *astringents*, such as *alum water*, or a *solution of tannic acid*; thirty grains to six ounces of cold water. If a syringe is not at hand, a small *lump of alum* may be cut of suitable shape and inserted into the bowel.

The general health should receive special attention. Each transgression of the laws of health will be apt to cause suffering at the weakest spot. *Tonics, alteratives, rest*, and a *change of occupation*, are all to be considered in special cases.

Laxatives are often necessary, the *action of the liver* is essential. If it is torpid, proper treatment should be adopted. *Sulphur* is perhaps the best laxative to soften the discharges. A teaspoonful stirred in *molasses* may be taken every morning. Confections of *Senna*, or *Senna lozenges*, for sale under various names in most drug stores, are very applicable.

Pile ointments are all quite similar in their composition, being composed of anodyne and astringent ingredients, the former to relieve the pain, and the latter to contract the tissues. The following is an excellent—

A—331.—PILE OINTMENT.

Powdered nut galls,	60 grains
Powdered opium,	30 grains
Goulard's cerate,	$\frac{1}{2}$ ounce
Simple ointment,	$\frac{1}{2}$ ounce.
Mix. Apply as required.	

Or the following is equally valuable:—

B—331.

Gallic acid,	20 grains
Extract opium,	10 grains
Extract belladonna,	10 grains
Simple ointment,	1 ounce.
Mix. Apply night and morning.	

Or if a more astringent ointment is needed:—

C—331.

Powdered galls,	2 drachms
Powdered opium,	30 grains
Purified lard,	1 ounce.
Mix. Apply as necessary.	

Or

The *Pile pipe*, to be procured of any druggist, is an admirable contrivance for applying medicaments to internal hemorrhoids.

Or the following is an excellent lotion:—

D—331.

Fluid extract witch hazel,	1 ounce
Pure linseed oil,	$\frac{1}{2}$ pint.
Mix. Shake well and apply, or inject with a small syringe.	

Or the following is an old, but good application:—

E—331.

Honey,	1 part
Sulphur,	1 part.

Or

Ten or fifteen drops of *balsam of copaiba* in emulsion, or on sugar, are said, by high authority, to be curative of piles.

Or

Two ounces of *pure linseed oil* twice daily, will cure many cases.

Or

When piles are due to diarrhœa, or dysentery, they should be treated by injecting into the bowel ten or fifteen drops of *laudanum* in liquid starch.

FISSURE.

Fissure of the Anus is not a very uncommon affection. It consists of a rupture in the mucous membrane of the bowel near the verge of the anus.

CAUSE.—Chronic and neglected piles, constipation, dysentery, chronic diarrhœa, straining at stool, and impaired health.

SYMPTOMS.—A torturing, horrible pain, especially during and following defecation, at which time there are violent contractions of the muscles of the parts.

The bladder is often irritated, the mind greatly exercised, and the general health becomes impaired. The bowels are always constipated; often the result of the extreme dread which the patient has of meeting the calls of nature. The pain is confined to the very spot, and often lasts for hours following an evacuation. Coughing, sneezing, or sitting, excite pain.

TREATMENT.—Consists of keeping the parts *scrupulously clean*; carefully *regulating the diet*, employing *mild laxatives*, and *avoiding violent exercise*. *Injections of warm water and olive oil* will often afford great relief and favor a cure. Soothing ointments, such as *oxide of zinc ointment*, or *Goulard's cerate*, may be employed. Suppositories containing one grain of *opium* and $\frac{1}{2}$ grain extract of *belladonna*, introduced into the bowel after each passage, will afford marked relief. The bowel should be washed out twice daily with soap and water. *An operation* by a good physician will often result in a happy cure. To cure a disorder of this kind always reflects to the credit of the physician.

FISTULA.

Fistula of the Anus consists of a false opening, extending from the rectum, or lower bowel, out through the skin near the natural opening.

CAUSE.—Fistula almost always is the result of an abscess forming in the tissues and opening out into the bowel, and also through the skin. When it opens in one direction simply, it is called an incomplete fistula.

SYMPTOMS.—Very similar to those attending *fissure*, except that

the pain is much less pronounced, or altogether absent. It admits the contents of the bowel, and for this reason is a more loathsome disease than fissure.

It is often very insidious in its development, the patient often not realizing his condition.

TREATMENT.—The treatment should be *instituted early*. Do not let it run for twenty-four hours, because probably in its early stages, and then only, does it admit of curative treatment.

If the affection is established, and disposed to become chronic, radical measures should be avoided. *Cleanliness*, strict attention to *diet*, *regulation of the bowels*, and, if the general health is impaired, *tonics* should be given. Warm clothing, and moderate exercise in the open air, will often bring comparative comfort.

If there is a tendency to disease of the lungs, which is frequently the case, it is not, as a rule, thought best to stop the discharge from fistula, but simply to limit the treatment to keeping the parts thoroughly clean, and the general health in good condition. Persons often live to good old age with this affection, without showing any marked impairment of health.

PROLAPSUS ANI.

This affection consists of a portion of the lower bowel coming down and protruding.

CAUSES.—Straining at stool, piles, diarrhoea, the use of strong cathartics, constipation, and relaxation of the muscles of the part. Children and old people are more liable to it than the middle aged.

TREATMENT.—Strict regulation of the diet, which should be plain and non-stimulating; mild laxatives, such as *sulphur*, *senna*, or *compound licorice powder*, may be used to prevent constipation, but all drastic and irritating cathartics should be avoided. Extreme caution should be exercised when at stool. Voluntary carefulness will often secure a passage without the bowel protruding, and every successful effort lessens the tendency. The use of warm water injections will often be required to soften the discharges. Cold water is, however, more stimulating to the parts, and for its local effect should be preferred.

The parts should always be carefully replaced immediately after they come down. In the case of children, the fingers used in replacing should be dipped in olive oil, vaseline, or fresh lard, and extreme care taken not to irritate the bowel.

The following should be used twice daily as an

A—334.—ASTRINGENT INJECTION.

Tannin,	$\frac{1}{4}$ ounce
Water,	1 pint

Two to four ounces should be injected twice daily.

If the parts are painful, they should be bathed in cold water into which a few drops of laudanum are placed. All causes which are apt to force out the bowel, such as straining, lifting, and exhausting exercises, should be avoided.

PLEURISY.

The lungs, like most internal organs, are enveloped in a thin serous membrane or bag.

Inflammation of this membrane is known as pleurisy, or *Pleuritis*.

It is a very common affection, and attacks all ages. In rare cases the pleura of both sides are involved.

CAUSE.—Exposure to cold and wet, or injuries, as a broken rib or wound. Pleurisy often accompanies pneumonia, consumption, cancer, and other contiguous affections.

SYMPTOMS.—Usually the first symptom is an acute pain in the affected side, just below the nipple, which alarms the patient. The pain is sharp, cutting, and stabbing; the patient breathes rapidly, and tries to avoid giving cause for pain. Sometimes the pain is in the back, and in children it may be referred to the abdomen.

Sometimes there is a chill at the beginning, followed by fever, and a short, dry cough. On applying the ear to the chest a peculiar grating sound is heard, and later on an effusion of liquid into the pleural cavity takes place, which interferes with the breathing and causes dullness on percussion. When this liquid becomes loaded with pus, which sometimes is the case, hectic fever

and serious impairment of the general health are apt to take place. Pleurisy may become chronic, and result in a general breaking down of the system.

TREATMENT.—The best thing to do at the very beginning of an attack of pleurisy is to take ten or fifteen grains of *quinine*, *go to bed*, and *send for a physician*. If a physician sees his patient soon enough he may be able to cut short the disease, or at least greatly modify its force. *Bleeding* is sometimes the best thing to be done. *Wet cups*, *dry cups*, *poultices*, and sometimes *blisters* over the region, are all useful. A brisk *cathartic*, and such medicines as *tincture of aconite* and *tincture of veratrum viride*, are remedies of great value when used properly.

The patient should lie in the most comfortable position; the temperature of the room should be kept at from 65° to 68° F. Nourishing, but easily-digested food, should be given; stimulants are not necessary, but water may be drank freely. The patient should secure plenty of sleep, even if an opiate is required to produce it.

If poultices are used they should be frequently renewed, and the fresh poultice applied immediately after the old one is lifted from the side, so as to avoid catching cold. What is better, perhaps, than poultices, consists of basting one or two layers of carded cotton on the inside of a thin undershirt, so that the cotton will be next the skin. Oiled silk should be placed outside the shirt, to hold the heat and moisture which come from the body.

The pain can sometimes be greatly relieved by applying strips of adhesive plaster, about two inches wide, on the line of the ribs, and extending from the centre of the back to the breast bone. They should be applied tightly when the breath is expired, and slightly overlap each other. These strips and the cotton batting may be used at the same time.

After the more active symptoms have subsided, the aim in the treatment is directed toward the absorption of the accumulated fluid in the pleural cavity. *Laxatives*, *diuretics*, and *alteratives* internally, and *blisters* and *tincture of iodine* locally, usually secure restoration.

CHRONIC PLEURISY.

When the affection has a tendency to linger indefinitely, it is known as chronic pleurisy. The general health becomes impaired, hectic fever may ensue, and the patient break down as a consequence.

TREATMENT.—Great skill is required to bring about a favorable result in cases of chronic pleurisy. *Iodide of potash*, *Basham's mixture*, *cod-liver oil*, and tonics, are all useful at times. Counter irritation, such as repeated *blisters* and *tincture of iodine* to the parts, should be used. As a final resort, drawing the fluid off with an aspirator may be found necessary.

A mistake too often made in the treatment of pleurisy is, discharging the physician too soon. His services should be retained until health is completely restored. He knows far better than the patient when his services can be dispensed with.

PNEUMONIA—Inflammation of the Lungs.

Inflammation of the lungs is quite a common disease. It stands next to consumption as a destroyer of the human race. One or both lungs may be involved.

CAUSE.—Exposure to cold; getting wet, especially when fatigued; sudden checking of the perspiration, inhaling irritating substances, and external injuries; or it may result as a sequel of scarlet fever, measles, whooping cough, etc.

SYMPTOMS.—The disease is ushered in, as a rule, by a chill, or chilly sensations followed by hot, dry skin, *flushed face*, quick pulse, *rapid breathing*, pain in the chest, and cough. The expectoration, at first, is a glairy mucus, then viscid and sticky, often streaked with blood, and finally brownish or rusty-colored. The *rusty sputum* is very characteristic of this disease. The respiration is often very rapid, running from forty to eighty times per minute. The flush in the cheeks is very marked; the fever is high; the urine is scanty and highly-colored; there is thirst, headache, and, in serious cases, delirium.

The condition of the lungs is ascertained by the physician, by means of auscultation and percussion.

TREATMENT.—A physician should always be called as soon as a person shows the first symptoms of pneumonia. One visit from him *early*, is worth two later on. The patient should be placed in bed in a large, cheerful, well-ventilated room. Fresh air should be admitted, and the temperature regulated to suit the patient. A temperature of from sixty to seventy degrees, as a rule, is most desirable. The patient should avoid talking and maintain a horizontal position in bed. The mouth should be kept clean and all mouth discharges and sputum sterilized or destroyed to avoid contagion.

The diet, at first, should be light, but as the disease progresses it should be nourishing and liberal, and it is often necessary, when the disease assumes a typhoid type, to use every effort to combat heart failure, by frequent feeding with highly-concentrated, easily digested food.

Liquid, or semi-fluid diet, such as milk, beef broths, and eggs, should be given: a small quantity at a time, but at short intervals. *Poultices* over the chest sometimes do good, but their use should be directed by the attending physician.

An early *blister* over the lungs is good treatment, but it is not generally applied.

Mustard plasters and *turpentine stupes* are sometimes applied with benefit.

A layer of *cotton batting* applied over the chest, and covered with oiled silk, is very appropriate for children and the aged.

The medical treatment of pneumonia gives the skillful physician an opportunity to display his genius to the fullest extent: a sorry feature, however, is that no one can appreciate his skill deservedly. What I mean to say is: a skillful, careful physician will often cure a pneumonia patient that would sink under careless attention. Bleeding was formerly resorted to in robust persons, but it is now abandoned. It was good treatment, but it is possible to employ more satisfactory measures. *Aconite* and *veratrum viridi* are used in place of the lancet, and the change is an admirable one for the first stage of the disease. Expectorants, or the so-called "cough medicines," are not much used now. Liberal doses of *quinine* may be given with advantage, especially

in malarious districts. During convalescence, such remedies as *chloride of ammonia* in five-grain doses, or *iodide of ammonia* in five-grain doses, three times daily, will prove very useful.

The treatment of pneumonia must depend upon several conditions. No case requires the same medicine all the way through; the previous health of the patient asserts itself throughout the disease; the age of the patient also largely influences the treatment; the part or extent of the lungs involved is also an important consideration; the force of the heart, and the resistance the system exhibits in overcoming the disease, all must be weighed by the physician.

TYPHOID PNEUMONIA is a condition in which the area involved in the lungs is large, or where the system yields to the disease, and then the greatest possible supporting measures are required.

To recapitulate: when the first symptoms of pneumonia occur, call the physician, follow his directions throughout the case, and have him *continue* treatment until convalescence is complete, and sound health thoroughly established. This book contains no better advice than the above.

If convalescence is slow, the patient should be *liberally fed*, and tonics, such as *iron*, *quinine*, *mineral acids*, *cod-liver oil*, and *strychnine*, will be apt to prove beneficial. A change of surroundings, and a trip to the seashore, or to the country, will be apt to have a good effect. *Muriate of ammonia*, *ippecac*, and tonics, are indicated if a cough lingers.

IVY POISON.

"*Poison Ivy*," "*Poison Oak*," or *Rhus Toxicodendron*, is a woody vine common in all parts of America. It climbs trees, fences, rocks, and runs on the ground; the leaves are long and smooth, and in the autumn turn to a beautiful yellow and scarlet. To those persons who are susceptible to its influence, contact with it causes a very painful and troublesome inflammatory eruption of the skin. Some persons are so susceptible to its influence that they cannot go near it without becoming poisoned, while others can handle it with perfect impunity. The poison is transmissible

from one person to another; as when two persons sleep together, one of whom is afflicted, the other will be likely to contract it.

SYMPTOMS.—The eruption begins with minute clusters of itching papules, reddened by scratching. In the course of twenty-four hours, they become minute but deep blisters. The eruption lasts for several days, and the itching is continuous. The blisters become broken, pustules form, and the surface, which has been moist, becomes covered with crusts. When the poison attacks the face, the swelling is often very great. Its course in any one spot lasts about five or six days, but as new territory is apt to be invaded, its duration is often greatly prolonged. After contracting the affection once, it will reappear, in some persons, at irregular intervals of several months.

TREATMENT.—When poison ivy has been handled accidentally, the hands should be *immediately washed*, and if any resin adheres to the hands it may be removed by scouring with wet dirt, which is often the only available article. If one part of the body is affected, care must be taken not to bring it in contact with other parts. When the hands are involved, extra precautions are necessary. A great many local remedies are used for this affection. All of them will cure occasionally, some of them will cure most cases in a short time, but none of them will cure all cases. A remedy will seem to kill the poison at once on one person, and completely fail with another.

Dusting the parts with *Bicarbonate of Soda* or *Borax* will allay the itching until something better can be obtained.

The following, applied locally, are used, and any of them will effect a cure in most instances:

Fluid extract of Virginia Snakeroot applied twice a day will rapidly cure most cases. I have for many years combined with it an equal amount of *Sweet spirits of nitre*, and the mixture has given almost universal satisfaction. The *spirits of nitre* alone is an excellent remedy.

Or

A—339.

Fluid extract grindelia robusta,	1 drachm
Water,	4 ounces.
Mix. Apply freely.	

Or

A—340.

Hyposulphite of soda, 2 drachms

Water, 1 pint.

Mix and dissolve. Apply constantly, on cloths, to parts.

Or

A strong decoction of *white* or *black oak bark* will prove beneficial.

Or

Strong sassafras root bark tea is said to quickly cure it.

RICKETS.

Although symptoms indicative of this complaint are often noticed, by physicians, in the softer structures, the only manifestation apparent to the ordinary observer is a lack of bony development. The osseous development is deficient, resulting in deformity and crookedness of the spine and other bony structures. The teeth decay early, and fall out, and the general physique shows signs of early decay. The secretions, and the various functions of the body, are feebly carried on. The face is pale; the skin thick and dull; the mind inactive, the legs crooked, and the vitality low.

TREATMENT.—Three things should be done. The child should be *well fed*; its *hygienic surroundings* should receive careful attention, and *tonic* and *alterative medicines* should be judiciously administered. The rickety condition must be overcome by favoring the stomach with a diet of the most nutritious, yet easily digested food. Such patients should be well fed in every sense. Bathing, out-of-door air, but not too much walking; well-ventilated sleeping rooms, amusements, and woolen clothing and good shoes, are all to be considered in the endeavor to help such children.

Cod-liver oil internally, and by anointing; *iron*, the *phosphates*, *nux vomica*, and *syrup of iodide of iron*, will all in turn be found useful.

Or, for a child one year old:—

B—340.

Phosphate of soda, 2 drachms

Water, 4 ounces.

Mix and dissolve. A teaspoonful three times a day.

Or, the nursing mother may take the following:—

Syrup lacto-phosphate of lime, 4 ounces.
One teaspoonful after each meal.

TO REMOVE FINGER RINGS.

Finger rings are sometimes carelessly placed on fingers too large to admit of their easy removal, or they are allowed to remain on the fingers of children or persons increasing in flesh, until their removal becomes a source of difficulty. Sometimes the constriction causes pain and swelling. Elevating the finger above the head, applying cold water or ice, and lubricating with wet soap, will greatly facilitate removal. If this fails, take a fine thread and wrap the finger very tightly, commencing at its tip; when the ring is reached slip the end of the thread under it, and oil or soap the finger, and work the ring off.

RHEUMATISM.

Rheumatism is a very common disease. It attacks all ages; it may be either acute or chronic, and may be local or general in its nature.

CAUSE.—It is due to a peculiar poison in the system. There is always an excess of lactic acid in the blood, in this disease. No disease is more likely to “run in families,” and the hereditary tendencies in most cases are well marked. When a predisposition to it exists, exposure to cold or dampness, sudden atmospheric changes, or sudden checking of the perspiration, is very apt to bring on an attack.

ACUTE RHEUMATISM.

Acute or *Inflammatory Rheumatism* is a condition in which the symptoms come on rapidly, and the disease runs an active course.

There is chilliness, followed by fever, often of a high type. The skin is hot, and a sour, offensive perspiration is present. It is apt to locate itself in the joints of the feet, the knees, elbows, wrists, and shoulders. The local manifestations are, swelling, pain, red-

ness, heat, soreness, and tenderness. Sometimes the pain is very slight when the parts are at rest, but extreme in motion. The urine is scanty and high-colored. Rheumatism is apt to travel around from one part to another, and when it migrates to the heart, it at once becomes a serious affection. Acute rheumatism lasts, upon an average, about three weeks; it may disappear in less than a fortnight, and it may last for many weeks, and finally become chronic.

CHRONIC RHEUMATISM.

When acute rheumatism extends beyond the acute stage, or when it begins in a modified form and has a tendency to continue with more less force, it is known as Chronic Rheumatism. In this form the fever is slight, or entirely wanting. The pain is not as constant or severe, and is apt to be worse at night. Lameness, stiffness, and sometimes deformity, are frequent symptoms. The pain is more fixed than in the acute form, and there is always great susceptibility to atmospheric changes.

There are various names given to rheumatic affections as occurring in different parts of the body; the most important point to be mentioned here is to make known the fact that these affections are *rheumatism*, and should be treated as such.

MUSCULAR RHEUMATISM is the most common form of the disease when chronic. It is so named because the muscles are the parts affected.

ARTICULAR RHEUMATISM is located in the joints.

LUMBAGO consists of a painful rheumatic affection of the loins.

WRY NECK is a rheumatic affection attended with deformity of the muscles of the neck.

The above conditions may result when no trace of rheumatism exists. This fact should not be forgotten.

TREATMENT.—There is a legion of remedies, but no specific for rheumatism. Perhaps no disease requires the careful oversight of a physician more than a case of acute inflammatory rheumatism. He should be called early, and should see his patient often. There is no one medicine or compound of medicines that will suit a large number of cases. A prominent professor of a medical

college once said that the best remedy he knew of for rheumatism was *six weeks*. Modern medical science has reduced the time one-half; yet it is difficult to explain how. It belongs to the realm of professional practice. There are many rheumatic cures on the market, yet none of them can possess more than a uni-fold power.

The patient should be placed in a *well ventilated room*,—not too warm. The clothing should be ample, but not enough to oppress the patient. The surface of the body should be frequently *rubbed with a dry towel*, to remove the offensive perspiration.

During the active stage the diet should be light, but in the chronic form it should be nourishing.

The best local treatment in acute rheumatism consists, perhaps, in freely bathing the parts with a *solution of bicarbonate of soda*.

Wrapping the joints in *cotton batting* is usually all that need be done to relieve the pain.

Painting the parts with *iodine* will accord with the best medical advice.

The local treatment of the *chronic* form consists in a more active counter-irritation.

The following will be found useful as a—

A—343.—LINIMENT.

Tincture of aconite,	2 drachms
Spirits of turpentine,	1 ounce
Tincture of opium,	1 ounce
Soap liniment, to make	6 ounces.

Mix. Poison. Use as a liniment three times a day.

Or

Cod-liver oil, *cocanut oil*, or *olive oil*, rubbed in, is said to benefit.

The internal treatment of rheumatism is as difficult as it is important.

Tincture of aconite is called for in high fever, and when the system has yielded to its influence either *salicylic acid*, *salicin*, or *oil of wintergreen*, is given in a large majority of cases. These three articles are very similar in their chemical composition, and their action is precisely the same. The only way of knowing when they are indicated is to give them a trial. If the patient improves, they are doing good; if not, they do not suit that individual case;

a week will decide their virtue. *Salicylic Acid* is perhaps the most potent of the three agents. It must, as a rule, be given in doses too large for unprofessional hands. From ten to twenty grains three times a day should be prescribed. The following is a desirable—

A—344.—SALICYLIC ACID MIXTURE.

Salicylic acid,	2 drachms
Bicarbonate of soda,	1 drachm
Water,	2 ounces.
Mix. A teaspoonful every three or four hours.	

Lemonade should be freely drank.

The *treatment* of chronic rheumatism is practically in the hands of the sufferer. Not many physicians receive the faithful obedience of a patient with chronic rheumatism, from its beginning to the time when he gets well. It is a hard disease to cure. The treatment is less satisfactory than that of the acute form. *Salicylic acid* should be tried, but it will perhaps fail; more dependence should be put in *local applications*. *Friction* will be found very useful. *Tonics*, such as *iron*, *quinine*, *cod-liver oil*, and *arsenic*, are often necessary. A *sojourn at the seashore* will often benefit.

The following, thoroughly rubbed into the parts twice a day, is highly recommended:—

B—344.

Ichthyol,	1 ounce
Lard,	2 ounces.

This is not pleasant to use, but is very penetrating.

Or

Equal parts of *oil of wintergreen and olive oil*, mixed, and rubbed into the affected limbs, and covered with cotton batting, are very beneficial in some cases of rheumatism. The chronic form is said to be specially benefited by this liniment.

Or, the following is more cleanly, and is an excellent—

C—344.—RHEUMATIC LINIMENT.

Oil of wintergreen,	$\frac{1}{2}$ ounce
Soap liniment,	$1\frac{1}{2}$ ounces.
Mix. Use as a liniment.	

There are few cases of chronic rheumatism that will not in some way be benefited by the use of *iodide of potash*.

The following is a pleasant—

A—345.—IODIDE OF POTASH MIXTURE.

Iodide of potash, $\frac{1}{2}$ ounce
Syrup sarsaparilla comp., 4 ounces.

Mix. A teaspoonful three times a day.

When rheumatism is local in its character, as in lumbago, wry neck, or when it is confined to the fingers, local measures should never be neglected.

In old chronic cases it should not be forgotten that rheumatism and gout are closely related, and that *colchicum* and other *anti-gout medicines* will often cure when other remedies fail.

SCIATICA.

The sciatic nerve runs from the body down through the thigh, and is one of the largest in the body. When it becomes the seat of pain the disease is known as sciatica.

CAUSE.—It is hardly fair to accuse either neuralgia, rheumatism, or gout alone, of causing sciatica. No doubt all three occasionally contribute to the disease; but it is more like a neuralgic affection than either of the others named. Enfeebled health, and derangement of the digestion, generally precede it, and no doubt help to invite its presence. As a rule it is confined to one side.

SYMPTOMS.—Severe pain along the course of the nerve, beginning near the hip joint and shooting down the back and the leg to the knee, and occasionally to the foot. The pain is intense, the suffering often interfering with the general health. It lasts from a week or two to several years.

TREATMENT.—Sciatica is often an exceedingly difficult disease to bring under subjection. A good physician should be consulted, and his advice carefully followed until he has brought relief. He no doubt will change his medicines several times before relief is obtained.

Perhaps the best remedy adapted to general use is *electricity*. Galvanic electricity is to be preferred to the Faradic.

Hot sitz-baths are curative in many cases. They should be as

hot as can be borne, continued for several minutes, and repeated twice daily.

Strong *counter-irritation* is to be made use of. *Blisters, mustard plasters, and strong liniments* well rubbed in, will be found useful.

Quinine and iron are of special benefit in most cases of sciatica. *Arsenic, cod-liver oil, nux vomica,* and the *phosphates*, should all be tried in obstinate cases.

The following is highly recommended and can be tried by all: Wrap a *hot smoothing iron* in woolen cloths, dip it in vinegar, and apply to the painful parts. The operation is to be repeated two or three times a day. It is claimed that the hot iron and the acid of the vinegar constitute an electric battery. Be this as it may, the pain is greatly relieved by the treatment, and it often vanishes within twenty-four hours.

SCROFULA.

Scrofula, or *King's Evil*, is characterized by a variety of morbid phenomena, which owe their existence to an inherited predisposition, to unhealthy deposits, and indolent disintegration of the tissues. It is always chronic in its nature. Scrofulous swellings, abscesses, and growths, are always of slow development, and their uniform tendency is to continue, and not to get well.

CAUSE.—Scrofula is generally inherited, but not always. Whatever lessens the vital force, or the powers of life, or vitiates the blood or tissues of the body, is conducive to scrofula. It is far more common in children and young people; indeed, the aged are comparatively free from it. Living in damp and ill-ventilated houses, unhealthful and scanty food, exposure to cold, filthy habits, close confinement, malaria, measles, etc., all favor its development.

SYMPTOMS.—*Natural* ill health, pale face, anæmia, feeble circulation, cold extremities, delicate constitution, a tendency to enlargement of the glands, especially of the neck, armpits and groin; slow suppurating abscesses and surfaces, consumption, bone diseases, hip disease, chronic sore eyes, running at the ears, chronic throat and catarrhal diseases, are in most cases either

caused or aggravated by a scrofulous taint. Scrofulous children are usually precocious, of light complexion, their muscles are flabby, their abdomen large, and their vitality feeble.

TREATMENT.—The subject of *clothing* is important. Woolen underclothing should be worn during both winter and summer, and the feet should be well protected. *Fresh air* is indispensable. Well-ventilated houses, especially the sleeping apartments, and out-of-door exercise, should never be under-estimated.

Bathing, with friction, and spending the summer at the seashore, will always prove beneficial.

Cod-liver oil will benefit most cases of scrofula. The younger the patient the more efficacious will this medicine prove to be. In all cases it should be tried; and in severe cases, attended with emaciation and weak stomach, it may be rubbed in the skin.

Syrup of iodide of iron is extremely useful in scrofula, and should be given in small doses, and continued for a long time. Some preparation of *phosphorus* will often prove very beneficial.

Syrup lactophosphate of lime, and Fellows' syrup of hypophosphites, are well adapted to most all cases of enfeebled vitality. They are tonic, and improve the general condition.

A pinch of *phosphate of soda*, three or four times a day, will often change the character of the secretions and improve the appetite.

Iron in small doses will seldom fail to benefit. Where it agrees with the stomach its use should be long continued.

Small doses of *Fowler's solution of arsenic*, kept up for a long time, with an occasional intermission, will, in a majority of cases, prove extremely useful.

Tincture of iodine, diluted one-half with alcohol, is a well-deserved favorite local application for scrofulous swellings and tumors.

The importance of *cheerfulness* and *contentment* of mind cannot be over-estimated. During the reign of Charles II, the "royal touch" thoroughly demonstrated the utility of mental forces in the treatment of this affection. In a single year this sovereign "touched" nearly 100,000 persons who were victims of scrofula, and, to quote the words of Wiseman, the king's surgeon at the

time: "His Majesty cured more persons of scrofula in one year than all the surgeons of London in an age."

SCURVY.

Scurvy, *Scorbutus*, is a disease due to dietetic errors. Most cases occur at sea, but it is occasionally met with on land.

CAUSE.—Errors of diet; subsisting on salted meats to the exclusion of vegetables and fruits. The history of scurvy clearly demonstrates that man requires a variety of foods for his perfect development and support.

SYMPTOMS.—The scorbutic condition comes on gradually. The skin becomes yellowish and of an earthy hue—dry and rough. The feet and hands are cold, and there is often an eruption resembling flea bites. Headache, fatigue, dizziness, despondency, followed by spongy and bleeding gums, offensive breath, spots of blood under the skin, palpitation, great weakness, and a tendency to bleed in any part of the body.

TREATMENT.—All that is necessary is to resort to a *proper diet*. Vegetables and fruits, especially of the acid varieties. *Lemons, oranges, and lime juice*, not only cure the disease, but prevent it, and should be added to the rations in extended sea voyages. But little medicine is required. Perhaps a solution of *chlorate of potash* as a mouth wash, and some of the simple bitters, will serve a good purpose.

SEA-SICKNESS.

This is a peculiar variety of nausea and vomiting, resulting from the motions encountered on shipboard. It is exceedingly distressing for the time being, but rapidly passes off when the cause is removed, and we might say is soon forgotten.

TREATMENT.—Sea-sickness usually fails to elicit much sympathy from friends, as it is not considered at all dangerous. Indeed, it often has a beneficial effect on the general health, especially in bilious and hypochondriac subjects. Persons afflicted with organic disease of the heart, stomach, or lungs, or women in a critical condition, should, if possible, avoid sea voyages, and if

such must be undertaken, every means possible should be adopted to ward off sea-sickness. A *horizontal position* near the middle of the ship is always to be advised. Keeping up courage, eating regularly, and the use of mild laxatives, will do much to ward off threatening attacks. Resorting to the use of *bromide of potash* several days before a contemplated sea voyage, to benumb the vomiting centres, except in special cases, is impracticable. No specific directions can be given for this complaint. Each individual must adapt himself to the circumstances which surround him. But little, if any, dependence should be put in medicines. They at best will render very little benefit. Relief can sometimes be found in remaining as quiet as possible; at other times stirring about in the open air will prove more beneficial. Ice-cold carbonated waters will sometimes allay the nausea and vomiting.

Or

One- to three-drop doses of *chloroform* on sugar.

Or

One-drop doses of *creosote*.

The thirst that sometimes attends sea-sickness is best allayed by *lemonade*.

SHOCK.

The term "shock" has a somewhat broad meaning in popular language. In medicine it refers to the prostration of the powers of life experienced after severe injuries. The word is also used to express the injury to the nervous system caused by bad news unexpectedly received, witnessing the falling of a building, or a terrific flash of lightning, etc. Those who witness a severe railroad or other accident may not feel injured at the time, but subsequently they may suffer from depression of spirits, impairment of functional vigor, or undergo "an attack of old age," on account of the shock to the nervous system received at the time.

SYMPTOMS.—The symptoms of shock depend largely upon the extent and character of the exciting cause. Great prostration, feeble pulse, clammy skin, cold extremities, pale, wrinkled, pinched and shrunken features, faint breathing, and more or less loss of

consciousness. In some cases nervous excitement is kept up, and restlessness and nervousness render the case more serious.

TREATMENT.—A physician should always be called at once. The patient should be disturbed just as little as possible, and all handling of him should be done without bringing any part of the body under a strain. He should be placed in bed, on his back, with his head rather low. He should be kept *quiet* and *warm*. Avoid all exposure to cold. Do not undertake to feed or give stimulants to the patient until reaction sets in. The patient should be kept warm by the use of hot bricks, or bottles filled with hot water, care being taken not to burn the skin. The covering should be sufficient, but not heavy, blankets being preferred. Everything should be kept as quiet as possible, and no strong rays of light should be allowed to penetrate the room. After reaction has set in, *milk* and *lime-water*, or *beef tea*, may be given, in small amounts at a time.

SKIN DISEASES.

The skin is a firm fibro-elastic membrane covering the entire body. Outside of the medical profession there are few who look upon the skin as anything else than a protection to the inner and more delicate parts.

It is, however, far more than this. It is an *Organ* in the fullest sense. It is an organ of sensation, absorption, secretion, and excretion.

The skin is composed of three layers:—

1. The scarf skin, cuticle, or epidermis.
2. The true skin, cutis, or epidermis, the most important part of all.
3. The under layer of connective tissue.

The sweat glands, the sebaceous glands, the hair follicles, the muscular fibre, the nerve supply, the circulation, and the coloring

matter of the skin, are interesting and important subjects of anatomy and physiology.

To undertake to describe and give the treatment of all the diseases of the skin would fill a large volume.

All that can be done in a work like this is to tabulate them in the briefest manner, and suggest general indications in the treatment of the various classes into which they may be divided.

The skin is endowed with remarkable vitality and recuperative powers when its continuity is severed, as in a cut or wound; yet some of the diseases of the skin are among the most difficult to cure.

Notwithstanding the fact that skin diseases can be easily seen and diagnosed, that medicines can be applied direct, yet no class of affections is more obstinate, nor do any other diseases more frequently baffle the skill of the physician.

Diseases of the skin admit of various divisions, but for popular use we have adopted what seems to be the most suitable classification:—

1. RASHES.
2. PIMPLES.
3. WATERY ERUPTIONS OR VESICLES.
4. PUSTULES.
5. SCALES.
6. PARASITES.

1. RASHES.

ERYTHEMA.

Consists of simple congestion or inflammation of the skin, attended with redness and more or less discomfort.

Chapped hands, chafing, and chilblains, are fair samples of erythema.

TREATMENT.—The simplest remedies only are called for. Keeping the parts dry and protected from irritation is often all that is necessary. *Vaseline, cold cream, camphor, ice,* or any of the soothing and cooling articles found in every drug store, are useful in most cases of this sort.

The diet should be light, and a saline cathartic, such as a seidlitz powder, citrate of magnesia, or a few doses of cream of tartar, will hasten a cure.

The following will be found a useful—

A—352.—POWDER FOR CHAFING.

Lycopodium,	1 ounce
Oxide of zinc,	1 ounce
Carbolic acid,	10 grains.

Mix thoroughly. Dust on the parts after being washed and well dried.

NETTLE RASH, OR URTICARIA.

This affection is generally the result of some internal irritation, and often follows indulgence in shell fish. A sudden change of atmosphere will sometimes induce it.

As a rule, its existence is very transient, yet it may last for days, or even become chronic.

TREATMENT.—The internal use of cooling laxatives, such as cream of tartar, *Epsom* or *Rochelle* salts.

Applied *locally*, diluted *vinegar*, *alcohol* diluted with six parts of water, or *extract of witch hazel*, will prove beneficial. A *solution of baking soda* will often afford marked relief. *Salt water* is very useful. *Oxide of zinc ointment* is often prescribed.

ROSEOLA.

Roseola consists of rose-colored spots upon the skin, usually attended with some fever and redness of the throat. It may cause a suspicion of scarlet fever or measles, but it has no relation whatever to either. It is not contagious.

The treatment is the same as for nettle rash.

2. PIMPLES OR PAPULAR SKIN DISEASES.

This class of diseases is characterized by the presence of pimples or papules, which consist of small elevations or points which contain no liquid.

LICHEN.

Lichen, of which *Prickly Heat* is a familiar form, develops in small-sized papules which are most common on the face and

neck. Mild, cooling *laxatives*, and local applications, such as *starch powder*, are all that is necessary in the simpler forms of lichen.

Lichen of various forms sometimes exists as a chronic affection, and only yields to careful and prolonged treatment. Sometimes a skin disease will begin as a vesicular affection, and pass on into other and more serious forms. Ordinary lichen, when neglected, or treated in an improper manner, may become vesicular, and scab, and be very obstinate. Constitutional conditions of the system may be the cause of it.

RED GUM.

Red gum, or *tooth rash*, occurring in young children, consists of a number of small papules or pimples on the gums, about the size of a pin's head. It is generally caused by teething, or some derangement of the digestion, accompanied by intestinal irritation. The health is but little affected by the disease, only occasionally being attended by slight feverishness.

The *treatment* is very simple. Avoid draughts of cold air, but do not keep the child over-warm. A mild *laxative* may be given. If the gums are red and swollen, and the source of much distress, a physician should be called.

3. WATERY ERUPTIONS OR VESICULAR DISEASES.

This class of skin affections is characterized by elevations upon the surface of the skin, containing clear, watery fluid.

ECZEMA.

Eczema, which occurs in various forms, consists of minute vesicles collected together in irregular patches. The vesicles frequently run together, and secrete a fluid, or they "weep," as it is sometimes expressed.

SALT RHEUM, SCALD HEAD, TETTER, and MILK CRUST, are different forms of eczema. It may attack almost any part of the body, and occur at any age. It is extremely variable in its manifestations, and the various conditions under which it occurs seem

to regulate its action. It may be acute, and be of short duration; or it may be chronic and obstinate, baffling the skill of the most expert specialist.

TREATMENT.—Those subject to eczema, or, those who have it in their families, should not undertake to treat it themselves, nor waste time and money on patent medicines, but at once secure the best possible medical aid. The physician should be consulted frequently, and his directions carefully and faithfully followed.

All kinds of salted meats, greasy food, fried dishes, pastries, cheese, and all indigestible food, should be avoided. *Fresh air, out-of-door exercise, and woolen underclothing*, are to be recommended. A liberal use of warm water and Castile soap is indispensable. *Oxide of zinc ointment* is one of the best applications. *Tar ointment* has been used with success. The various *Mercurial ointments*, in certain cases, prove beneficial.

MILK CRUST.

Milk Crust, *Crusta Lactea*, is a very distressing and disfiguring disease of childhood. It attacks the face and head, and is very obstinate. The itching induces the child to scratch, and the irritation and disfigurement become extreme.

Crusts form, and when they are torn loose the appearance sometimes becomes distressing. Although the disfigurement is great during the progress of the affection, recovery is complete. No scar remains, and the hair will grow again.

TREATMENT.—*Don't irritate.* Keep the parts clean. *Tar soap* is perhaps the best kind to use. The general health should be attended to. Mild, cooling *laxatives* are sometimes required. Soothing applications only are to be employed locally.

The following may be used as a—

A—354.—LOTION.

Borax,	10 grains
Glycerine,	2 drachms
Rose water,	2 ounces.

Mix. Apply three or four times daily.

SCALD HEAD.

Scald Head, *Tinea Capitis*, is a contagious, eruptive disease of the scalp. It usually attacks children between one and twelve years of age. The disease begins with points or pustules which run together and break, forming scabs and discharging a thick, viscid, offensive fluid.

TREATMENT.—*Keep the scalp clean.* This is best done by sponging with warm water and soap, the use of olive oil, and, in some cases, by the application of poultices. The hair should be cut short.

Tar Ointment, Creosote Ointment, Sulphur Ointment, Strong Acetic Acid, and Lime Water, are all useful local applications.

The secretions should be carefully regulated. Mild laxatives, tonics, and alteratives are all more or less useful. Internally, *Cod-Liver Oil, Iron,* and, in many cases, *Iodide of Potassium,* are prescribed with benefit.

When the disease is of long standing, and the skin dry and harsh, there is no internal remedy so effectual as *Fowler's Solution of Arsenic.* It should be taken in as large doses as the system will bear, and be continued for a long time.

HERPES.

Herpes is an acute non-contagious disease. The eruption differs from eczema in that the vesicles are larger. It lasts from a few days to three weeks, and is attended with more or less burning and discomfort.

Fever Blisters and Ringworms are varieties of Herpes.

SHINGLES.

Shingles, or Herpes Zoster, is characterized by a vesicular eruption about the waist, attended with burning, itching, and neuralgic pains.

TREATMENT.—Some cases require confinement in bed. Mild laxatives, and the application of dusting powders, *oxide of zinc ointment, powdered bismuth, lycopodium,* or powdered *red cinchona bark,* may be used with advantage. *Carbolated cosmoline* will tend to allay itching.

If there exists a tendency to the disease, as is the case with some persons, tonics, such as *iron*, *quinine*, *arsenic*, and *cod-liver oil*, should be given.

FEVER BLISTERS are best treated by the application of *oxide of zinc ointment*, powdered *French chalk*, or *calomel*.

TETTER.

Tetter appears in a variety of forms. It is characterized by an outbreak of small vesicles appearing in small clusters on an inflamed surface, surrounded with healthy skin.

The vesicles increase in size, and their contents become dry, form into scabs, and scale off. There is more or less burning, itching, and smarting.

Another common form of tetter appears in patches about the neck, face, and on the hands and wrists. The surface is apt to become rough, cracked, and abraded. An acrid fluid is discharged, which dries into bran-like scales. The disease is chronic in its nature, and often difficult to cure. Some persons have a marked predisposition to this affection. Errors of diet, especially the use of fat, rich food, tend to produce it in those so inclined.

TREATMENT.—The *diet* should be strictly regulated. All rich, stimulating food should be avoided. The parts affected should be frequently bathed with Castile soap and warm water. If the general health is impaired, proper remedies, such as tonics, *iron*, *cod-liver oil*, and *arsenic*, will prove beneficial.

The following will be found useful in chronic tetter:—

A—356.

Tar,	30 grains
Oxide of zinc,	30 grains
Cold cream,	1 ounce.

Mix. Apply two or three times a day.

4. PUSTULES, OR PUSTULAR SKIN DISEASES.

This class of skin affections is characterized by circumscribed elevations of skin containing pus.

Acne, *Impetigo*, and *Ecthyma*, belong to this class, although they do not exactly conform to the strict definition.

ACNE may appear in the form of papules, tubercles, pustules or abscesses. It may be acute or chronic. It is most common on the face, neck, back, and chest. Next to eczema it is the most common form of skin disease.

IMPETIGO consists of distinct, isolated pustules, seated upon an inflamed base. It is somewhat rare, and most common in ill-fed children. It may result from a variety of causes.

ECTHYMA is characterized by prominent, large pustules, ending in thick, dark scabs. It occurs most often in debilitated persons who are ill-fed, unclean, and overworked.

TREATMENT.—*Diet* is of first importance. The general health should always be improved. *Mild laxatives* are almost always needed. If there is hereditary taint of rheumatism in the patient, more than likely it is the exciting cause of the affection, and will require specific medicine, such as *colchicum*. A scrofulous taint indicates *tonic* and *alterative* treatment. *Locally*, light *poultices* may be required. The parts must be kept clean by washing with Castile soap and warm water. *Oxide of zinc ointment* is a good application. *Lead water* will often prove beneficial. If the general health is impaired, *arsenic*, *syrup of hypophosphites*, or the preparations of *iron*, will be required. The family physician should always be consulted in all these obstinate skin diseases.

5. SCALES, SQUAMÆ, SCALY SKIN DISEASES.

This class of skin diseases is characterized by the formation of small, whitish scales, under which there is more or less unhealthy activity of the skin. Dandruff, treated of elsewhere, is a typical scaly, skin disease.

LEPRA, PSORIASIS, and ICHTHYOSIS are the chief scaly skin affections, but the first and last named are not common.

PSORIASIS or DRY TETTER is most common about the knees, elbows, face and scalp. Small white scales form on a somewhat reddened surface. There is but little itching. It is of a chronic nature and is apt to resist ordinary treatment.

TREATMENT.—*Diet, exercise, bathing*, and the use of those measures which stimulate the secretions of the liver, kidneys, and

bowels, are all to be made use of. *Fowler's Solution of Arsenic* is perhaps the most useful internal remedy that can be employed. As it must be given in full doses, to be of benefit, a physician should be consulted. The affected parts should be frequently bathed with *Tar*, *Carbolic* or *Naphthol Soap*, and softened by the free application of *Cod-Liver Oil*. *Tar Ointment*, *Carbolated Cosmoline*, *Oil of Cade* and *Turpentine*, are all prescribed for this complaint.

6. PARASITES OR PARASITIC SKIN DISEASES.

The diseases of this class result from the presence of living organisms, either animal or vegetable, upon or within the substance of the skin.

ITCH.

ITCH or SCABIES is due to the existence of a small insect called *Ascarus Scabiei*. It burrows under the skin and produces an eruption accompanied by intense itching. *It is a contagious disease*. The previous general health of those attacked largely regulates its severity in individual cases.

The most selective points with these insects are between the fingers, between the toes, and on the buttocks and abdomen. The female insect does all the mischief, the male innocently remaining upon the surface of the skin.

TREATMENT.—The parts should be *well soaked*, and washed with soap and water, followed by a thorough rubbing with a coarse towel. *Sulphur*, locally applied, is a specific for the itch; and after the above rubbing is completed, *Sulphur Ointment* should be freely applied, rubbed in, and allowed to remain on the skin. The process should be repeated for four or five consecutive nights.

BARBER'S ITCH.

Barber's Itch, or *TINEA SYCOSIS*, is a vegetable parasitic affection of the bearded portion of the face and neck, and is confined to man. *It is contagious*. The eruption consists of irregular clusters of inflamed vesicles, tubercles, or pustules. When pustules form,

each one has a hair in its centre. More or less matter oozes out, and offensive crusts form, causing matting of the hair.

TREATMENT.—The disease may yield to the most simple treatment, or it may continue for several months, no matter what measures are employed.

The parts should be kept thoroughly clean. It is best to pull out the hairs surrounded by pustules. Washing with a *solution of Hyposulphite of Soda* (two ounces to the pint), is useful. *Carbolated Cosmoline* is a good application, or the following—

A—359.—LOTION.

Boric acid,	2 drachms
Sulphuric ether,	2½ ounces
Alcohol, to make	10 ounces.

Mix. Apply three or four times daily.

As the disease is *contagious*, the use of razors, strops, brushes, and cups and towels of affected persons, should be scrupulously avoided.

RING-WORM.

Ring-Worm, *TINEA CIRCINATA*, is a somewhat contagious, vegetable, parasitic affection, characterized by round or oval, reddish, scaly patches on the skin, most frequent on the face, neck, and the backs of the hands. This form of ring-worm differs from others in location more than in anything else. It may or may not itch. When located in the neighborhood of the thighs it often proves very obstinate to treatment.

TREATMENT.—This consists of applying such agents as will destroy the parasites to which the affection owes its existence. Either of the following medicines may be rubbed up with one ounce of *benzoated lard* in the strength named, and applied two or three times a day: *Carbolic Acid*, 20 grains; *Oleate of Copper*, 30 grains; *Bichloride of Mercury*, 2 grains; *Oil of Cade*, 1 drachm; *Salicylic Acid*, 40 grains; *Thymol*, 20 grains. *Strong Acetic Acid*, *Vinegar* or *Tincture of Iodine*, will often effect a cure. The application of *Tar Ointment* answers in most cases. The lotion mentioned under Barber's Itch will prove equally beneficial in Ring-Worm.

SMALLPOX.

Smallpox, or *Variola*, is a highly contagious, loathsome, and often fatal disease. Before the discovery of vaccination, smallpox was one of the most common of diseases. It traveled as an epidemic over the earth, and, like a carnage of death, carried with it terror and destruction; leaving behind broken hearts and scarred faces. A writer on the subject has said that if a modern traveler could find himself transported to the streets of London as they appeared a century ago, the most striking feature of the thronging populace would be the enormous number of pock-marked faces he would meet. Although vaccination has been subjected to much criticism, it remains as one of the most brilliant achievements of medical science, and is one of the greatest blessings to mankind.

CAUSE.—Smallpox is contagious. No disease is more to be avoided. No doubt the influence of vaccination has been, not only to prevent individual susceptibility, but to lessen the susceptibility of the race. Negroes are much more likely to contract the disease than the white race, due, perhaps, to the fact that their race has not fortified itself by vaccination.

Smallpox attacks all ages, and even the unborn. It prevails most in cold weather.

SYMPTOMS.—From eight to fifteen days or longer after exposure, the patient is attacked with a chill, or creeping chilly sensations, followed by high fever, rapid pulse, loss of appetite, coated tongue, nausea, vomiting and thirst. The most characteristic symptom at this stage, however, is the pain in the small of the back and head. This pain is generally intense. About the third day the eruption begins to appear, first on the face, then on the neck and body, and finally on the extremities. With the appearance of the eruption the symptoms subside. The eruption first appears as small points, at the top of which vesicles are soon seen. These vesicles soon become milky, then yellowish, and about the fifth or sixth day they become well developed pustules. The face is swollen, painful, and the discomfort is great.

The *secondary fever* begins about the eighth day, its intensity

corresponding to the extent of the eruption. As the pustules begin to dry, matter oozes from their edges, and the odor of the patient at this time is offensive, and very characteristic of the disease.

About the fourteenth day, the crusts begin to fall off, leaving the skin of a red color which gradually fades, leaving here and there scars which will remain during life.

Confluent smallpox is a condition in which the pustules exist in great numbers, and run together. In this form of the disease large surfaces of the face or body become solid masses of confluent pustules; a condition which adds greatly to the severity and gravity of the disease. Such cases are apt to be attended with delirium, stupor, hemorrhage, and complications involving the lungs, kidneys, and other important organs.

VARIOLOID is smallpox modified by vaccination. The early symptoms somewhat resemble those of genuine smallpox, but in a greatly modified form. The secondary fever and later symptoms are, however, largely wanting, and convalescence is rapid. It should not be forgotten that varioloid is almost as contagious as smallpox, and its treatment should involve equal sanitary measures.

TREATMENT.—The treatment of smallpox concerns those outside of the sick room almost as vitally as it does the patient himself. The patient should be *rigidly isolated*, and placed in a large, well-ventilated, cool, but dark room. There should be no carpet on the floor, and as little furniture as possible. The discharges from the patient should be *disinfected* with copperas, carbolic acid, common salt, or bichloride of mercury. The *scabs* should be carefully collected and burned; all clothing and bed-clothing thoroughly disinfected, or, what is better, destroyed, and the room fumigated with sulphur.

During the disease the patient should be well fed with milk, milk toast, oysters, eggs, and beef tea. Lemonade and cold water may be freely given with impunity. The medical treatment should always be in the hands of some physician. The indications are to relieve the fever by the use of *sweet spirits of nitre*, or *spirits of mindererus*, and frequent *cold sponging*. Tonics, such as

quinine and *tincture of iron*, are largely prescribed by the profession, to maintain the strength.

One of the most important trusts of the attendant is to *prevent pitting* of the face. The following are fairly successful:—

Keeping the face covered with *flexible collodion* ;

Or

Opening each pustule ;

Or

Freely painting each pustule with *tincture of iodine* ;

Or

Perhaps the best of all is a *cool, dark room*, as all remedies sometimes fail.

SPASMS.

A spasm consists of an irregular jerking and contraction of the muscles, sometimes attended with severe pain. It may occur in the bowels, stomach, heart, or muscular system. The term spasm is usually applied to the milder forms of convulsions; while the more severe or specific form of convulsions is known as epilepsy or fits. They are the most common with children.

CAUSE.—They indicate a disturbance of the nervous system, and are generally due to a predisposition acted upon by some exciting cause, such as indigestion, worms, nervousness, hysteria, excitement, or bodily disease. They are much more common in children, before the mental faculties dominate, than with older persons. Teething is a common cause with children.

TREATMENT.—The best treatment of spasm when occurring in a child is a *warm bath*, with a little mustard in it. If this cannot be adopted, a *mustard plaster*, not too strong, should be applied to the legs and over the stomach, and a cold water cloth on the head. The bowels should be emptied by an *injection* of warm water and salt. If the stomach is sour and the abdomen swollen, a few grains of *bicarbonate of soda* should be given. As soon as the spasm has subsided an effort should be made to remove the cause. If it is from teething, the gums should be lanced ; if from worms, appropriate remedies administered ; if from deranged secretions or indigestion, these things should be remedied.

When a child is predisposed to spasms, great care should be taken, in order to escape all exciting causes. Small doses of *Elixir of Bromide of Potash*, dose, one-half to one teaspoonful for a child from three to four years old, are often prescribed as an antispasmodic.

Spasms of the stomach and bowels are best overcome by *counter-irritation* to the skin, and the internal use of warm anodyne and carminative drinks. Essence of *Jamaica ginger*, *pepper tea*, *hot drops*, *paregoric*, and, in severe cases, small doses of *laudanum*, may be necessary.

SPRAINS.

A sprain may be very slight, or it may involve important muscles or tendons, and prove a serious infliction. A bad sprain is as much to be dreaded as a broken bone. The wrist, ankle, and back, are the parts of the body most frequently sprained.

CAUSE.—Anything which places the tissues under excessive tension, or, what is more often the case, the application of force while a muscle or joint is in an awkward or unnatural position.

TREATMENT.—Pre-eminently *the* remedy for a sprain is *rest of the parts*. If there is pain, swelling, and heat of the parts, *ice cold water*, or *lead water and laudanum*, should be applied. Sometimes immersing the parts in *hot water* will bring great relief; salt may be advantageously added to the water. If the seat of a sprain becomes livid or blood-colored, and pain and swelling follow, a physician should always be consulted. If a delicate child sprains the hip-joint, there is always danger of hip disease, and such an accident should receive special attention. It must not be forgotten that sprains are often accompanied by fracture and displacement of the bones, and surgical appliances are often required.

After the swelling has somewhat subsided, the parts should be daily bathed in warm water, and gently rubbed with some good stimulating liniment. Nearly all cases of sprain are benefited by *bandaging*, as practiced by many physicians.

Finally, the parts should be exercised by *passive motion*, and gradually brought into use.

When a sprain becomes old and obstinate, and the parts are weak and painful when used, frictions, passive motion, the application of liniments, and, perhaps, of the bandage, is to be continued. *Fish-brine* is an excellent application to old and lingering sprains, and, when used, it should be frequently and thoroughly rubbed into the tissues.

OLD SORES AND ULCERS.

When a sore or ulcer remains open for a long time it becomes indolent, the edges become thickened and unhealthy, and it loses the disposition to heal. Sores of this kind may result as a sequel to injuries, or they may be due to a diseased bone, or occur in consequence of a lack of vitality of the parts.

Sore Leg is a typical chronic ulcer. It is most common in old persons, and occurs generally on the inner side of the leg, just above the ankle-joint. As a rule it is not very painful, but is extremely difficult to cure.

TREATMENT.—This requires the skill of a physician, and he is often baffled in the efforts to cure. The general health must be improved, and if there be any taint or poison in the system, it must be eradicated before a cure can be expected. Pure air, good food, and tonic and alterative medicines, are all necessary. The local treatment consists of keeping the parts clean and protected, and applying such remedies as are likely to promote healthy granulations and excite the healing process. Open surfaces heal from the edges, and in most cases the edges of old sores become thickened and unhealthy, and prevent the growth of the healthy skin in the direction of the ulcer. Physicians often divide this edge in several places in order to set up a more healthy action. *Poulticing* is sometimes advantageous; when the parts are offensive, *charcoal*, either sprinkled on, or in the form of poultices, answers an excellent purpose. Slightly stimulating washes, such as a weak solution of sulphate of zinc or blue vitriol, alcohol and water, or extract of witch hazel, are often beneficial. *Basilicon ointment*, *red precipitate ointment*, and other alterative applications often effect a cure. Keeping the parts at rest, and bandaged, will

sometimes set up the healing process. When ulcers are irritable or painful, anodyne dressings are often necessary.

STRANGURY—Retention of Urine.

This is a very serious complication.

CAUSE.—Stricture, the presence of stone, the irritation of Spanish flies when a large blister is applied, the use of turpentine, diseases of the bladder, paralysis, low diseases, etc. When a person is very low with sickness of any kind, and ceases to pass the usual amount of urine, the attention of the physician should always be called to the fact.

TREATMENT.—When it is the result of a blister, overdoses of cantharides or turpentine, *flaxseed* or *elm bark tea* should be freely drank, or the following should be introduced into the bowel with a syringe, as an injection.

A—365.

Starch water,	1 ounce
Laudanum,	30 drops.

If the first injection does not relieve, it may be repeated in half an hour.

Or

A *warm hip-bath* prolonged for half an hour. When a large blister is to be applied the *camphorated* blistering plaster should always be secured, as there is but little danger of strangury when it is employed.

ST. VITUS'S DANCE.

This peculiar nervous affection, known as *Chorea*, is more common in children than in adults, more especially girls from six to eighteen years of age. It derives its name from the fact that during an epidemic of a similar disease which occurred in the fifteenth century in Zabern, those afflicted were taken by force to St. Vitus's chapel, where masses and other religious ceremonies were held in order to effect a cure. It manifests itself by a great variety of symptoms that are hard to classify systematically.

"It is expressed by a peculiar disorderly and nearly constant recurrence of muscular contractions of an involuntary character, which are not (except in hysterical cases), at all rhythmical."

CAUSE.—No specific cause seems to exist. Strong mental emotions, as fright, fear, close application to study, the use of tobacco, the presence of worms, or it may develop as a sequel of scarlet fever, measles, whooping-cough, and malaria. Hereditary influences are frequently very apparent, and it bears a close relation to gout, rheumatism, epilepsy, and consumption.

SYMPTOMS.—Derangements of the digestion, loss of appetite, constipation, flatulence, and impaired nutrition generally precede a long list of mental symptoms, such as melancholy, absent-mindedness, and peevishness. These symptoms are followed by irregular, spasmodic twitches of the muscles of the face or extremities. These motions may be of almost any conceivable sort, twitchings of the mouth, eyes, face, neck, shoulders, arms, or legs. These jerking movements are kept up in an irregular way throughout the waking hours, and occasionally during the hours of sleep. The child suffers in temper and in disposition, and in long continued cases the intellect undergoes impairment. Recovery is gradual, but it takes place in most instances, after an indefinite period, ranging from a few weeks to several years.

TREATMENT.—Anything calculated to improve the general health will seldom fail to benefit. *Quiet surroundings* are of great importance. Parental discipline should itself be disciplined by common sense and good judgment. *Baths* followed by brisk friction, plenty of *fresh air*, and *wholesome foods*, such as milk, cream, and fats, should all be made use of. A trip to the seashore or mountains will often quickly cure such cases. In severe attacks the patient should be put to bed, and kept there. Sometimes a few hours in bed each day are to be recommended, when constant confinement there may be impracticable.

A great many medicines are recommended for this complaint, but *arsenic* is the remedy *par excellence*. Fowler's solution should be given in all cases, with rare exceptions, and its administration carefully advised and watched by the attending physician. Arsenic is a very powerful and poisonous drug, and the physician's

directions should be strictly followed; should disturbance of the bowels or puffiness of the eyes ensue, it should be withdrawn until he is again consulted. Under the careful and faithful use of arsenic (although its first effects are, perhaps, to rather aggravate the case), a large proportion of cases will recover.

Cimicifuga, or black cohosh, is perhaps the second best remedy. From fifteen to thirty drops of the fluid extract diluted with water should be given three times a day to a child ten years of age. If *iron* in some form is given simultaneously with it, the benefit seems to be much more evident. *Iron, cod-liver oil, strychnia*, and *galvanism*, are all potent remedies, and should be resorted to when arsenic and *cimicifuga* fail. To improve the general health after convalescence has begun, *elixir pyrophosphate of iron, quinine and strychnia*, is an appropriate preparation.

SUNSTROKE.

Sunstroke, or *Heatstroke*, consists of a shock produced by the exposure of the body or the head to intense heat, or to the direct rays of the sun on a hot day.

It is a fact worthy of note that much more heat can be borne while the body is in motion than while standing still. To sit or lie in the sun is more dangerous than to walk about. Most of the cases of sunstroke occur in the large cities, its occurrence being quite rare in rural sections.

SYMPTOMS.—Headache, disturbed vision, intolerance of light, and a sense of prostration, generally indicate the approach of more serious collapse.

In the milder form the face becomes pale, the pulse rapid, and the patient weak and prostrated.

In the more severe type the face is flushed, the head hot, the breathing heavy, and the patient becomes unconscious.

TREATMENT.—The patient should be removed to a cool, shady place, at once.

If the face is flushed, the head hot, the pulse full, the breathing heavy, and the patient unconscious, the head and shoulders

should be elevated, and ice water, or the coldest water that can be procured, should be freely applied to the head.

If the face is pale, the head no warmer than the other parts of the body, the pulse weak, and the patient faint, the head should not be elevated, and cold water should be sprinkled over the whole body.

If the feet are cold, large mustard plasters and hot water bottles should be applied to the legs. Stimulants are often necessary to support the patient. Absolute rest, quiet, and a cool place, are essential. A physician should always be immediately called, as sunstroke is a very serious trouble; one-half the cases proving fatal.

SUN-FEVER is a mild form of sunstroke, the patient being slightly overcome by heat. The treatment consists of seeking a cool place, wetting the head with cold water, and keeping quiet until the normal condition is regained.

SWALLOWING PINS, COINS, ETC.

When children or other persons swallow pins, coins, buttons, or such substances as are liable to penetrate or injure the substance of the stomach and bowels, do not get alarmed or excited. Do not give an emetic or cathartic, or medicine of any kind. Feed liberally with bread, potatoes, and other bulky vegetable food, and keep it up until the substance passes through the bowels. By so doing the food envelops the substance and conveys it along; thus protecting the living tissues.

EXCESSIVE SWEATING.

The sweating or perspiration of parts of the body, especially of the palms of the hands and the soles of the feet, sometimes becomes so profuse as to be a source of annoyance and discomfort. The sweating of the palms may become so profuse that it will accumulate in the hollow of the hand until it runs over the edges. It is impossible to keep the parts dry under such con-

ditions, and when the disease attacks the feet, the discomfort is greatly increased by the tendency to foul odor.

CAUSE.—The cause is unknown. "It affects the cleanly and the dirty, the sickly and the healthy alike, and is met with in persons of all ages and both sexes." Disorders of the nervous system and circulation, debility, and malaria, may give rise to it. Excitement of any kind, either mental or physical, increases the flow of sweat.

TREATMENT.—Internal remedies, unless they are intended to relieve some condition upon which the sweating depends, are not, as a rule, to be used. If debility or malaria be present, appropriate remedies should be given. *Iron, quinine, nux vomica*, and the astringent *mineral acids*, will answer a good purpose in most cases. The general directions given under "Night Sweats" and "Fetid Feet" apply to this subject. Bathing the parts with water is not to be frequently done, but sponging lightly with water as hot as can be borne will be of service. They should be wiped dry, and dusted with the following powder:—

A—369.

Salicylic acid,	½ drachm
Talcum,	1 drachm
Powdered starch,	2 ounces.

Mix. Apply as required.

The powder should be removed as soon as it becomes moist or caked.

Various articles may in turn be used as dusting powders, among which the following may be mentioned: *Powdered starch, lycopodium, oxide of zinc, magnesia, talcum*, and *oleate of zinc*. Either of the above articles will be improved if about twenty grains of *salicylic acid* be thoroughly mixed with each ounce of the powder selected. *Alcohol*, either pure, or diluted one-half with water; *bay rum, cologne water, alum* or *sulphate of zinc water* (sixty grains to the pint), will be found of great service.

Perhaps the most effectual application is *tincture of belladonna* diluted one-half with alcohol and lightly applied with a camel's hair pencil. As belladonna is a very poisonous drug, some care must be taken in its use.

Diluted *ammonia water*, *vinegar*, or a solution of *chloral* (sixty grains to the pint), will be found useful.

THE TEETH.

THE CARE OF THE TEETH.

The care of the teeth is receiving constantly increasing attention, not only from a cosmetic and hygienic standpoint, but their treatment, when diseased, forms at present an important branch of remedial science.

The practical and educated dentist is no longer an experiment, or luxury for the opulent, but his mission has become one of universal application and utility. The scope of his usefulness is as general, and the duties of his profession are as closely allied to the health, comfort, and happiness of the public, as that of the practitioner of medicine.

The first, or temporary teeth, begin to appear about the seventh month of child life, and the entire number—which is twenty—are, as a rule, developed before the end of the third year. About the seventh year these teeth, usually more or less decayed, begin to be crowded out by the growth of the second or permanent teeth. The second set—thirty-two in number—are not all cut until about the eighteenth or twentieth year, when the appearance of the “wisdom teeth” completes the number. Their appearance, growth, and development, are by no means uniform. Children are sometimes born with teeth, and in others their growth is noticeably backward. Of the thirty-two teeth in the adult, there are sixteen to each jaw; these consist of four incisors, two canine, four bicuspid, and six molars. They are hard and compact in substance, and the exposed portion is covered with a vitreous or glass-like material, called the enamel. In the central portion of each tooth there is a pulp supplied with nerve filaments. Their chemical composition is as follows:—

	THE TOOTH SUBSTANCE.	THE ENAMEL.
Organic matter,	28.01
Phosphate and fluoride of calcium,	66.72	89.82
Carbonate of calcium,	3.36	4.37
Phosphate of magnesium,	1.18	1.34
Other salts,73	.88
Cartilage,00	3.39
Fat,00	.20
Total,	100.00	100.00

It will be seen by the above that the teeth are very different from other organized tissues. This is an important fact, because such knowledge points out clearly the treatment required to prevent the tendency to decay.

As a proof that the teeth are engaged in vital activity and circulation, we have but to notice the change in color which they undergo in bodily ailments; turning yellow in liver disorders, and pale in consumption, and also the change manifest when their nutrition is cut off or interfered with.

The functions of the teeth are various, the three principal being, to masticate the food, to assist in articulate speech, and to add beauty, symmetry, and dignity to the face.

The teeth were made to use. On no organ of the body is "ready for business" more plainly intimated than on the devouring yet benign expression of a good set of teeth. It is absolutely essential to the development, perfection, and beauty of our teeth, that we use them. It should be remembered, however, that there is a wide difference between use and abuse. Not only is their use necessary for their own sake, but the health, happiness, and physical well-being of mankind are largely dependent upon the proper use of the teeth.

The American people may be guilty of numerous and grave derelictions of privilege, but they are guilty of none which bring more discomfort, ill health, and premature old age, than the failing to properly and thoroughly masticate the food. A medical writer who illustrates the philosopher, says, "There is not one case of sickness in a hundred that may not be traced to imprudence in eating or drinking." If he embraces chewing the food in the "imprudence," we heartily agree with him. Humanity has posed for years as a martyr to the frying-pan, the baker, the

confectioner, and the modern cook. The theorist is lamenting the uncomely outlines and decrepit tendencies of our national physique. The medical charlatan pretends by a long course of profound research to have found within the human body the vital realm where disease germs lurk, and with similar powers has discovered in nature the healing principle, which, with pardonable humaneness, he bottles up and sends forth on sale. But it is not the fault of the frying-pan or the cook, the unkind trend of human existence, or dependent upon some occult mysteries which only one man can explain, that we do not enjoy better health. *It is because we do not chew our food.* Gladstone, it is said, chews each mouthful of food twenty-two times, and of all his noble traits he will leave few indeed more worthy of imitation. No matter how thoroughly the caterer understands his business, or how palatable or wholesome his productions, *food must be chewed.* Bread may be never so sweet, it will yet need masticating; beefsteak that "melts in the mouth" does so as a result of chewing, and most of that sold in our markets requires a Gladstonian effort to thoroughly accomplish the "melting" process.

The office which the teeth fill in *articulating words*, is important, in the extreme. Even well-formed teeth not only give force and distinctness, but grace and elegance, to the human voice. Those who speak and sing should not forget the importance of preserving the integrity of the teeth.

The *beauty of the expression*, the magnetism of radiant manhood and womanhood, and the force and vigor of character, so closely related to the powers and achievements of human greatness, are not only assisted but ornamented by clean, healthy teeth.

DECAYED TEETH.

Decayed teeth are a condition as universal as it is unfortunate. But few people arrive at the zenith of life without their teeth showing signs of decay; and when the teeth are unable to perform the function of mastication, they lead to an early decline in physical vigor.

CAUSE.—Why the teeth decay has never become a settled ques-

tion in the public mind. Personal opinions or public speculations have not evolved a reason fortunate enough to secure popular sanction.

Faulty nutrition, dependent upon inherited weakness; food lacking in phosphatic qualities; the use of acid or corroding medicines; eating hot food and drinking hot tea and coffee; ill health; and the use of tobacco, are all more or less advanced as teeth-decaying forces.

These influences, no doubt, all more or less favor decay of teeth, yet none of these things, nor all of them combined, add greatly to the difficulty. It is fortunate, from a practical standpoint, that none of these are prominent factors, because none of them will ever be overcome, or to any great extent avoided.

To my mind, teeth decay because they are not kept *clean*. *Uncleanliness is pre-eminently the one great cause of decayed teeth.*

TREATMENT.—*The treatment* of decayed teeth and dirty teeth, therefore, only needs dividing to meet the exigencies of the case—one is the work of the dentist, and the other the duty of the individual.

In this volume we have advised everybody to employ a regular family physician; and for the same reasons, and with no less force, we recommend every family to employ a family dentist. By this we do not mean, simply to have one to go to when we think we ought to have a tooth extracted, or a number of decayed ones filled; but we mean that he should be a permanent employee of the family. He should not only be given our confidence and support, but he should be given the oversight and responsibility of the condition of our teeth. I am convinced that this is wholesome advice. By such a course, we and our families become a walking advertisement of the dentist's mechanical skill, his professional judgment, and also of his business methods: We will retain a mouth of healthy teeth; if decayed, they will be filled early, thereby the bills will be smaller than otherwise, and we will secure every advantage of the dentist's skill, genius, and competitive rivalry. This counsel is important, yet details are prohibited in this article. When we, as a transient customer, consult a dentist, we simply secure his

services; if to pull a tooth, it is extracted; if to clean them for some special occasion, it is done, no doubt at the expense of the enamel: if to fill a cavity, the future is not anticipated. If we go to OUR DENTIST for these things, his attitude in the case is one of personal concern; his reputation, his skill, his pride, and his success, are all at stake whenever we open our mouths.

Don't go to a doctor to have a tooth extracted, but go to your dentist. The tooth may not need extracting. Even if you have exhausted the vocabulary of toothache drops, a regular dentist may see at a glance that the pain is due to some physical defect of the tooth, which may be easily remedied. The chances are that the physician will extract the tooth and ask no questions. Many physicians enjoy pulling teeth; there is something fascinating about it. Don't be afraid of your dentist; consult him often, and have him examine the teeth of the whole household once in three months, or at least twice a year. Co-operate with him. Faithfully carry out such directions as he may propose. Dentistry is, perhaps, the most advanced and the most useful of mechanical arts, and none has reached greater perfection. This volume would fail in being loyal to the art of preventing and curing disease if the writer failed to urge the importance of these remarks.

The lodgment and accumulations of material from the food or secretions are often difficult to prevent or to remove. The contour of the mouth, unevenness and irregularity of the teeth, impaired secretion of saliva, all tend to promote such accumulations. No matter how careful some people are, the accumulations will sometimes be found; while it matters not how careless others may be, the secretions are of such a solvent nature that the mouth is always clean and sweet.

When these accumulations, from the moisture and heat of the mouth, set up a ferment, there is formed an acid which acts on the enamel of the teeth, and when the smooth surface is once roughened, the surface is more inviting to accumulations, and the corroding is more rapid, while the process carried on by the generated acid burrows into the central portion of the tooth,

interfering with its nutrition, and, finally, causing partial or complete death of its organized tissues.

The micro-organism theory has been applied to the accumulations which form around teeth and cause their decay, yet the above principle is not changed. If these microbes do exist, their ultimate disintegration results in the formation of a corroding acid, the action of which is identical with the resulting fermentation alluded to above. The removal and prevention of these accumulations, therefore, are of prime importance in the preservation of the teeth. A good authority states that "A clean tooth will not decay in a hundred years." If this be true, and we have no reason to doubt it, there is not much to be done except to *keep the teeth clean*.

Some years ago the Dental Society of Philadelphia offered a prize for the best essay on this subject, the same to be published for the benefit of the public. The prize was awarded for the following rules.

First.—Cleanse your teeth once, or oftener, every day. Rinse the mouth after eating. Cleansing the teeth consists in removing every particle of foreign matter from around the teeth and gums.

Second.—To cleanse, use well-made brushes, soft quill or wood tooth-picks, an antacid, styptic tooth wash, and precipitated chalk. If these means fail, apply to a regular dentist.

Third.—Avoid eating hot food. Thoroughly masticate the food, and well salivate it before swallowing.

Fourth.—Parents ought carefully to attend to the child's second dentition. Prevail upon your children to visit at frequent intervals a careful and skilled operator.

Fifth.—Remember that four of the permanent double teeth come at the age of six years. They are very liable to decay early, are very large, and should never be allowed to require extracting.

Sixth.—Never allow any one to extract a tooth unless absolutely necessary, or to dissuade you from having them filled.

Seventh.—Carelessness and procrastination are responsible for a large proportion that are lost. The teeth were never intended to take the place of nut-crackers, nor to rival scissors in cutting thread. The teeth must be taken care of, or the health will suffer.

TARTAR, which sometimes accumulates on the teeth, should be removed by the dentist. When of long standing, none but he can remove it without injury to the teeth. If the teeth are well brushed with pure vinegar and water every morning, if tartar is only beginning to form it will soon disappear. When cleaning and brushing the teeth, special care should be used to thoroughly reach every part of the upper front teeth and the lower back ones, as foreign material is apt to accumulate in these regions. The under front teeth, near the gums, should receive special attention. Tartar and accumulations in this region are always conspicuous.

Perhaps the best two articles for a tooth wash are *common salt* and pure white *Castile soap*. The Castile soap should be used in the morning, and the salt at night. To wash the mouth requires a tumbler of warm water, a brush, and soap; the mouth should first be filled with water, and the teeth then briskly and thoroughly rubbed with the brush, which should previously be rubbed on the cake of soap. After using the brush, the mouth is to be well rinsed with warm water. Special attention should be paid to reaching the spaces between the teeth, where particles of food are apt to find a lodgment. At night the teeth and gums should be washed and brushed with a solution made by adding a teaspoonful of common salt to a tumbler of warm water. This mixture should be used every night at bedtime. Salt cleans the teeth, hardens the gums, and sweetens the breath, and is an excellent local alternative to the mucous membrane of the mouth, throat, and nose.

A word might be written in favor of felt and rubber tooth-brushes. They have been on the market for years, but have not met with an extended sale. In some cases of tender gums the felt brush may be preferable to bristles.

TOOTH POWDERS AND MOUTH WASHES.

There are a great many substances used in tooth powders, some of them harmless and that answer an excellent purpose, while others are injurious and should not be used. No injurious ingredient should ever be put into a tooth powder.

The following substances are harmless, and may be used either alone or in combination :—

Pure white Castile soap,	Bicarbonate of soda,
Pure willow charcoal,	Powdered Peruvian bark,
Pure English precipitated chalk,	Quinine,
Carbonate of magnesia,	Common salt,
Powdered myrrh,	Powdered orris root.
Borax,	

Charcoal is a powerful absorbent, and is a valuable addition to dentifrice where the breath or taste is offensive. Powdered myrrh, Peruvian bark, and quinine, are tonic and antiseptic, and are specially useful when the gums are spongy or disposed to bleed. Borax is mildly detergent. Orris root gives a pleasant flavor to tooth powder, but is almost neutral in effect.

Soap, soda, chalk, and magnesia, are all alkaline, detergent, and well adapted to cleansing and polishing the teeth.

The following substances, although they enhance the whitening qualities of tooth powders, are injurious, and should not be used :—

Camphor,	Common prepared chalk,
Powdered cuttle fish,	Whiting,
Alum,	Cream of tartar,
Ashes,	All acids.
Powdered pumice stone,	

Camphor, I know, is a popular ingredient in tooth preparations, and it is one of the best “whiteners” we have, but it makes the teeth brittle, it is deleterious, and its good effects are only transient. Cuttle fish and pumice stone, no matter how finely powdered, destroy the enamel. Common chalk and whiting are inelegant substances. Alum and cream of tartar are very destructive to the enamel of the teeth, and should never be used. When alum is used in gargles for the throat, care should be taken to rinse the teeth afterward.

The following tooth powders will be found not only useful but harmless, and any of them can be used with impunity :—

A—377.—TOOTH POWDER NO. 1.

English precipitated chalk,	1 ounce
Powdered white Castile soap,	1 drachm
Powdered orris root,	$\frac{1}{2}$ drachm
Powdered sugar,	1 drachm
Oil of wintergreen,	12 drops.

Mix thoroughly.

I have used and sold the above powder for years, and it has given universal satisfaction.

A—378.—TOOTH POWDER NO. 2.

Precipitated chalk,	$\frac{1}{2}$ ounce
Powdered Castile soap,	$\frac{1}{2}$ ounce
Powdered orris root,	$\frac{1}{2}$ ounce.
Mix. Flavor with wintergreen, lemon, or rose water.	

The above is a very excellent cleansing powder.

B—378.—TOOTH POWDER NO. 3.

Finely powdered Peruvian bark,	$\frac{1}{2}$ ounce
Finely powdered myrrh,	$\frac{1}{2}$ ounce
Finely powdered charcoal,	$\frac{1}{2}$ ounce
Finely powdered orris root,	$\frac{1}{2}$ ounce
Precipitated chalk,	$\frac{1}{2}$ ounce.
Mix.	

The above is specially useful where the teeth are decayed, the gums inflamed, and the breath offensive.

C—378.—TOOTH POWDER NO. 4.

Carbolic acid,	15 minims
Powdered orris root,	2 drachms
Precipitated chalk,	2 drachms
Powdered soap,	2 drachms
Oil of cloves,	5 drops.
Mix.	

D—378.—QUININE TOOTH POWDER NO. 5.

Precipitated chalk,	1 ounce
Starch powder,	$\frac{1}{2}$ ounce
Powdered orris root,	$\frac{1}{2}$ ounce
Sulphate of quinine,	5 grains.
Mix.	

E—378.—BORAX AND MYRRH POWDER, NO. 6.

Precipitated chalk,	1 ounce
Powdered borax,	$\frac{1}{4}$ ounce
Powdered myrrh,	$\frac{1}{4}$ ounce
Powdered orris,	$\frac{1}{4}$ ounce.
Mix.	

F—378.—TOOTH PASTE.

Honey,	$\frac{1}{2}$ ounce
Precipitated chalk,	$\frac{1}{2}$ ounce
Pulverized orris,	$\frac{1}{2}$ ounce
Carmine,	8 grains
Oil cloves,	2 drops
Oil nutmeg,	2 drops
Oil rose,	2 drops.

Simple syrup sufficient to form a paste.

A—379.—LIQUID DENTIFRICES.

Star anise,	1 drachm
Soap bark,	3 drachms
Cloves,	15 grains.
Cinnamon,	15 grains
Oil of peppermint,	3 drops
Cudbear,	8 grains
Dilute alcohol,	4 ounces.

Coarsely powder, macerate for several days, add the essential oil, and filter.

The above is said to make a pleasant, foaming wash for the teeth, mouth, and gums.

B—379.—WASH FOR SORE GUMS AFTER EXTRACTION OF TEETH.

Chlorate of potash,	2 drachms
Tincture krameria,	$\frac{1}{2}$ ounce
Glycerine,	$\frac{1}{2}$ ounce
Rose water,	2 ounces
Water sufficient to make	$\frac{1}{2}$ pint.

Use six or eight times daily as a mouth wash.

Distilled Extract of Witch Hazel, as sold by druggists, is an excellent wash for the mouth after the extraction of teeth.

C—379.—ANTISEPTIC AND DISINFECTANT MOUTH WASH.

Salicylic acid,	2 drachms
Borax,	3 drachms
Glycerine,	2 ounces
Distilled water sufficient to make	4 ounces.

One or two teaspoonfuls to a glass of water, and use as mouth wash.

D—379—FOR LOOSENING OF THE TEETH AND SPONGY GUMS.

Tannic acid,	30 grains
Iodide of potash,	6 grains
Tincture of iodine,	30 drops
Tincture of myrrh,	$\frac{1}{2}$ ounce
Rose water,	3 ounces.

Dissolve the tannic acid and iodide of potash in the rose water, add the tinctures, and strain. A teaspoonful in a wine-glass of warm water as a mouth-wash every morning.

THROAT DISEASES.

Throat diseases, both acute and chronic, have become extremely common in this country. Indeed, some disease of the throat, or at least a tendency thereto, seems to be the fortune, either inherited or acquired, of most people. Why the throat should become a weak spot as civilization advances is an unsettled question. Bad ventilation, debilitating excesses, and breathing the dry air of furnace-heated rooms, no doubt promote the tendency.

Diseases of the throat may be ACUTE or CHRONIC. They include LARYNGITIS, PHARYNGITIS, TONSILITIS, QUINSY, HOARSENESS, LOSS OF VOICE, CLERGYMAN'S SORE THROAT, DIPHTHERIA, DIPHTHERITIC SORE THROAT, ULCERATED SORE THROAT, and ELONGATED UVULA.

In the treatment of throat diseases it should always be the first aim to treat the *cause*, if it can be ascertained. Disordered stomach, a scrofulous taint, an elongated uvula, decayed teeth, or breathing irritating substances, are occasional sources of sore throat. If it is due to deranged liver and stomach or constipation, how absurd it is to eat lozenges, which increase the difficulty of which the irritated throat is only a symptom.

The wearing of heavy neck-cloths, woolen scarfs, bundling up of the head, and stuffing the ears with cotton should not be practiced except in exceptional instances. Good, warm, woolen clothing, and substantial, thick-soled shoes, should always be worn by those predisposed to throat troubles. Bathing the feet in cold water every night is a good preventive. Bathing, followed by brisk friction, is exceedingly beneficial, and prevents taking cold.

SORE THROAT—Acute Pharyngitis.

Soreness of the throat is a very common affection. In popular language it embraces *Laryngitis*, *Tonsilitis*, *Hoarseness*, *Loss of Voice*, *Elongated Uvula*, *Posterior Nasal Catarrh*, and all diseases of an

inflammatory nature in the region of the throat. We have followed a rational plan in this book, and have given each of the above disorders separate consideration.

CAUSE.—Exposure to cold and dampness, atmospheric changes, getting the feet wet, and swallowing corrosive substances, or breathing foul air.

SYMPTOMS.—Mild attacks give rise to no constitutional symptoms, the local manifestations being soreness, redness, swelling, painful swallowing, dryness of the throat, and more or less huskiness or thickness of the voice. More severe cases are ushered in with a chill, or chilliness followed by a fever, pains in the limbs, headache, swelling, redness and soreness of the throat, embracing the tonsils, pharynx, and surrounding parts; swallowing is painful and difficult, sometimes almost impossible, the swelling is so great. The breathing is interfered with, the voice is changed, and in some instances almost lost, the expectoration is thick and yellowish, and in the course of two or three days a troublesome, harassing cough sets in. The swollen surface of the throat is covered with small white patches.

The disease lasts for a few days and abates, and the throat is left somewhat congested and tender, and more than ever subject to subsequent attacks.

TREATMENT.—A sore throat can often be cut short if proper remedies are early applied.

A *hot foot-bath* is always in order, also copious draughts of *hot lemonade* or *boneset tea*. If there is torpidity of the liver, one or two *compound cathartic pills* at bedtime will be useful. Where there is debility or fatigue, a full dose of *quinine*, ten or fifteen grains, is always to be advised. A teaspoonful of *paregoric* at bedtime, or five grains of *Dover's powder*, will have a tendency to cut short an attack, or greatly modify its severity. If the trouble has fixed itself and it is too late to cut it short, the diet should be limited to milk, mush, and liquid foods; mild *laxatives* should be given, and hot foot-baths should never be neglected.

If the swelling interfere with swallowing and breathing, allowing small pieces of *ice* to dissolve in the mouth will prove very beneficial. Iced milk or oyster soup are very appropriate foods

in severe cases. Saline laxatives, hot foot-baths, and the free use of astringent and *stimulating gargles*, constitute the main treatment. *Cold compresses* to the throat are often very comforting. Almost any astringent, stimulating gargle, will prove beneficial. A solution of *tannic acid*, *oak bark*, *tincture of iron*, or *chlorate of potash*, will tend to promote recovery. *Cohen's gargle*, which any druggist can prepare, answers an excellent purpose, or the gargle of *chlorate of potash* and *sumach berries*, referred to elsewhere, is perhaps unexcelled as a gargle for simple sore throat.

CHRONIC SORE THROAT.

Simple *Chronic Pharyngitis*, or chronic sore throat, is a very common affection. Somewhat characteristic varieties of the affection are known as *Follicular Pharyngitis*, *Clergymen's Sore Throat*, *Granular Pharyngitis*, etc. Throat affections are much more common with young persons than with those in middle and advanced life.

CAUSE.—Hereditary tendencies, repeated acute attacks, breathing impure air, breathing the dry, hot air of modern furnace-heated rooms, chronic nasal catarrh, breathing through the mouth, torpidity of the liver, habitual acidity of the stomach, dyspepsia, the use of tobacco, and habits which depress the powers of life. Straining and overworking the parts give rise to the granular variety.

SYMPTOMS.—Dryness of the throat, cough, hawking, huskiness of the voice, and expectoration, especially upon rising in the morning. The throat is easily fatigued, and it is very sensitive to atmospheric changes.

TREATMENT.—In most cases the general health needs improvement. If the liver is torpid, no local application will cure until the exciting cause is removed. Regulation of the diet, mild laxatives, especially phosphate of soda and podophyllin, will prove helpful. If the general health is poor, *iron*, *quinine*, *cod-liver oil*, and other tonics, should be used.

Sometimes carefully touching the throat with a solution of caustic is exceedingly useful. Such treatment, however, is only

suited to experienced hands, as, when not indicated, it may prove worse than useless.

The moderate use of *lozenges* medicated with cubebs, chlorate of potash, muriate of ammonia, benzoic acid, or other appropriate medicaments, is often of great service; but I am fully persuaded that the wholesale manner in which people consume cough lozenges for throat affections, does far more harm than good.

If the patient sleeps with the mouth open, some device should be used to keep the jaws closed during sleep.

It should not be forgotten, in this connection, that chronic sore throat is, in most instances, only a secondary affection, dependent upon some other disease. In a majority of cases it is due to chronic nasal catarrh, and the treatment, of course, must be directed to the source of the trouble, otherwise it is only time and effort wasted.

TONSILITIS.

Tonsilitis consists of an inflammation of the tonsils, and aggravated cases are often called *Quinsy*.

CAUSE.—Exposure to cold and wet, inherited tendencies, chronic enlargement of the tonsils, and scrofulous taint of the system. Age seems to influence the disease, as it is most common between the ages of ten and thirty years.

SYMPTOMS.—Acute cases are apt to begin with a chill, more or less pronounced, followed by pains in the legs and back, headache, and fever, all of which vary greatly in different cases.

The tonsils, which may be seen on either side by depressing the tongue with a spoon handle, are swollen and red. There is a sense of dryness and stiffness in the throat; the tongue is coated, the breath offensive, with more or less pain and difficulty of swallowing. The difficulty and disturbance of breathing are often very severe.

An abscess sometimes forms, and when the discharge of its contents takes place, the symptoms abruptly disappear.

TREATMENT.—Ten to fifteen grains of *quinine* will often greatly modify an attack.

Guaiac is considered, in the early stages of the complaint, almost a specific.

A—384.

Ammoniated tincture of guaiac, 1 teaspoonful
Milk, $\frac{1}{2}$ glass.

Gargle with one mouthful, and swallow the remainder. May be repeated every hour.

Cohen's Gargle, which any druggist can make, contains ammoniated tincture of guaiac, and is well adapted to the treatment of Tonsilitis. A teaspoonful may be taken every hour or two, and the throat may be gargled with it every two hours.

Guaiac lozenges, a very effectual remedy, may be allowed to dissolve in the mouth. A full dose of *Epsom Salts* or *solution of citrate of magnesia* should be taken at the start; and if the fever is severe, one drop of *tincture of aconite* every hour, and three to five drops of *tincture of belladonna* every two hours, will prove beneficial.

Constant gargling with *warm milk* or *warm water* will often act well,

Or

Frequent gargling with *peroxide of hydrogen* diluted with equal parts of water.

Or

Applying *ice bag* to the throat.

Or

Breathing over the mouth of a jug containing boiling hot water, to which a little pure vinegar has been added, is an excellent remedy and within the reach of all.

Or

Twenty drops of *wine of ipecac* every three hours, and freely drinking of *flaxseed tea*, are good treatment.

Or

Bathing the neck with *hartshorn liniment*, or painting it with *iodine*, will assist.

Or

Diluted vinegar sweetened with *honey* makes a very effectual gargle.

CHRONIC ENLARGEMENT OF THE TONSILS.

This is a very common affection among children, but old people are almost entirely exempt from it. Why this is so is not known—a question not yet answered. Some claim that it is always of a scrofulous origin, but I am sure such is not the case. It seems to prevail in some families, and is the most common in damp and cold weather. Repeated colds and mouth-breathing conduce to the affection.

SYMPTOMS.—More or less difficulty of breathing, and the hearing is apt to be interfered with; the voice is thick and peculiar, and one or both tonsils are red and swollen. There is but little pain, sometimes none; indeed, unless the enlargement is quite considerable, but little annoyance accompanies the disorder. Snoring, breathing through the mouth, dilated nostrils, catarrh, holding the mouth half open, partial deafness, and physical timidity, sum up a deformity daily seen resulting from enlarged tonsils.

TREATMENT.—*Warm clothing, good shoes, substantial, plain food, healthy out-of-door exercise, and plenty of sleep,* are all of importance in diseases of this nature. The long-continued use of astringents sometimes will reduce enlarged tonsils, especially when not of very long standing. A gargle made by adding *vinegar* and *salt* to strong *red pepper tea* will have a tendency to relieve; twenty grains of *tannin* in one ounce of water, to which is applied a little *honey*, make an excellent application. It should be applied with a camel's-hair brush directly to the tonsils, or it may be used as a gargle.

Alum or *tincture of iron* and *Monsel's solution* may be diluted with water, sweetened with *honey*, and applied with a camel's-hair brush.

Physicians are much given to the application of *lunar caustic*, either in stick or solution, and in many cases it is the best

remedy; but its use should be confined to their judgment. Removing a portion of the tonsil by a surgical operation is painless, and in extreme cases is justifiable.

When *astringents* are used, they should be applied for a long time, as a few applications will do but little good.

Rubbing *bicarbonate of soda* over their surface three times a day with the finger, is said to gradually reduce enlarged tonsils. By referring to the symptoms mentioned in this article, the importance of obtaining relief will be apparent. Such affections should always be relieved.

ELONGATED UVULA.

The *uvula*, often improperly called the palate, sometimes becomes enlarged and elongated, and by its constant irritation frequently gives rise to a variety of functional derangements.

CAUSE.—A relaxed condition of the system; catarrh of the back part of the nose, where hawking and hemming are required to remove the accumulations; smoking and intemperance.

SYMPTOMS.—Tickling of the throat, a hacking cough, difficulty of breathing, snoring, nausea, derangement of the stomach, gagging, especially when in the recumbent posture. The irritation is apt to invite other throat and lung troubles, especially in those predisposed to them. All authorities agree that consumption is occasionally hastened by an elongated uvula. Nightmare has been attributed to it. The color of the throat is usually changed, being either deep red or pale. The uvula will sometimes have the appearance of a loose bag containing liquid, being larger at the end than near the attachment. Sometimes the uvula itself is not too long, but the palate or roof of the mouth becomes relaxed, and sags down and permits the uvula to drag in the throat or on the tongue, causing all the symptoms of an elongated uvula.

TREATMENT.—If the patient is young, and the difficulty has not existed long, it may be cured by brushing the parts twice a day with a *solution of tannin* (twenty grains to one ounce of water, sweetened with honey), or a solution of *alum*, or *dilute tincture of*

iron, applied in the same way. Equal parts of *tincture of capsicum* and *glycerine* make an excellent gargle.

If the subject is an adult, or if the elongation has existed for some time, it is, as a rule, best to have a physician *clip off the end of the uvula*. It is a painless, harmless, and almost bloodless operation, and no fear at all need be entertained of any discomfort during or following the operation. It will not injure the voice, as some suppose, and a resort to liquid food for a day or two is all that is necessary.

If the health is impaired, tonics, such as *iron*, *quinine*, and *nux vomica*, should be employed.

LARYNGITIS.

Laryngitis is inflammation of the organ of the voice, or larynx. This organ is located at the top of the windpipe behind the "Adam's apple," and is an ingenious and delicate structure, containing various muscles, the vocal cords, and various pieces of cartilage which hinge upon one another.

Acute laryngitis of a mild type is very common, but severe cases are quite rare. It is more frequent after the age of childhood.

CAUSE.—Exposure to cold and wet; sleeping with the mouth open; swallowing corrosive poisons; or the lodgment of irritating substances, as a fish bone, or other substances that accidentally "go the wrong way."

SYMPTOMS.—The main symptom is hoarseness, which varies from a very slight change in the voice to its almost entire extinction. Other symptoms are, pain and soreness of the throat, fever, dryness of the skin, loss of appetite, and cough. When the disease is severe these symptoms are well marked, and the difficulty of breathing and swallowing is quite pronounced.

TREATMENT.—The bowels should be freely opened with a *saline purge*, and if there is debility ten grains of *quinine* should be taken daily.

Mustard plasters, *painting with iodine*, or *hartshorn liniment* over the throat, will often give great relief. The *inhalation of hot water*

vapor is very useful, and the addition of *muriate of ammonia* to the water will increase its virtues for this purpose. Hot applications to the throat are often beneficial. Ice, or cold applications, not too prolonged, are well suited to other cases, especially where the parts seem to be feverish.

When the breathing is hurried, the fever high, and the face flushed, accompanied with a sense of suffocation, a physician should be summoned.

CHRONIC LARYNGITIS of a mild type is somewhat common in catarrhal affections and in chronic bronchitis; but when it is marked by decided and persistent symptoms, such as hoarseness or loss of voice, cough, soreness, and an uneasy feeling about the parts, it is more than likely that some cause more than those mentioned is present.

Laryngitis is associated with disease of the lungs more often than any other affection of the throat. Indeed, it is a natural inference that those who have decided chronic laryngitis are also victims of pulmonary trouble. It is always the duty of the physician to extend his diagnosis to the lungs in these cases. Laryngitis may be complicated with chronic venereal troubles.

TREATMENT.—The family physician should always be consulted in this disease. *The cause* should invariably be looked for, and the treatment regulated accordingly. If it is associated with symptoms of consumption, proper treatment should be adopted. *Cod-liver oil, iron, arsenic, and tonics*, are usually appropriate. Such measures as *bathing, followed by friction; out-of-door exercise; woolen clothing; liberal diet, and a change of air*, or, perhaps, of *occupation*, will often prove highly beneficial. *Inhaling apparatus* are at present largely used, and in almost every drug store may be found a variety of apparatus for this purpose. This form of medication is extremely useful. *Muriate of ammonia, creosote, menthol, tar, oil of eucalyptus, and carbolic acid*, are all valuable. As before stated, the services of a wide-awake physician should be procured. Diseases of the larynx are too serious to be trifled with,

TOOTHACHE.

Toothache, or *Odontalgia*, is a very common affection, and there are few people indeed who do not sooner or later suffer from it.

CAUSE.—The chief cause of toothache is decayed teeth. When cavities form and the nerve pulp becomes exposed, more or less pain is sure to result. Ulcerations at the root of a tooth are sure to cause severe pain. Neuralgia and faceache are often the source of toothache.

TREATMENT.—The *cause* of the pain should be sought, and its removal will effect a cure. If it is due to neuralgia, the internal use of *quinine*, and *counter-irritation* to the face, will be apt to relieve. It is not good policy to have teeth extracted simply because they ache. A dentist can often save a tooth even after it has become greatly decayed, and his opinion should always be secured in the matter of having teeth extracted. On the other hand, worthless roots and snags should always be extracted whether they ache or not. Their presence always jeopardizes other teeth.

Many people think that if the jaw is greatly swollen, or if an ulcer has formed at the root of a tooth and the parts are inflamed, it is not safe to extract a tooth. Such, however, is not the case. If a tooth is decayed and worthless it is always best to remove it, no matter what the condition of the jaw may be.

Most cases of toothache are due to decayed teeth, and the appropriate treatment consists in applying such substances as will afford relief.

The cavity of the affected tooth should be cleaned out, and a pledget of cotton wet with the medicament should be inserted; and if it is desired that the gums and tongue shall escape contact, a piece of dry cotton may be placed over the tooth.

Oil of cloves, used as above, is one of the best remedies for toothache, and it is the basis of many of the various toothache drops on the market.

Or

Creosote, or *Carbolic Acid*, is well calculated to stop the pain by

killing the nerve if it is exposed, and either may be applied as above described.

Or

Equal parts of *alum* and *salt* powdered together and inserted in the cavity, will often quickly relieve.

Or

A small piece of *menthol*, or a pledget of cotton wet with *oil* of *peppermint*, will answer a good purpose.

Or

Bathing the face and gums about the teeth with any good *liniment*, *laudanum*, *camphor*, or *paregoric*, will always tend to bring relief.

The following has been used by the author for years as—

A—390.—TOOTHACHE DROPS.

Oil cajuput,	5 drops
Oil cloves,	5 drops
Ether,	1 drachm
Spirits camphor,	1 drachm
Laudanum,	1 drachm.

Mix. Apply in cavity on cotton.

Or

If there is no cavity, and ordinary remedies fail to relieve, small pieces of cotton wet with *chloroform* and applied to the gums, are a very efficient application.

TONGUE-TIE.

Tongue-tie consists in the extension of the “*frænum*”—the thin membrane under the middle of the tongue that holds it to the floor of the mouth—too far toward the end of the tongue.

It is apt to interfere with the process of nursing, and later on with articulation. In all cases the attention of the physician should be called to the deformity. He can quickly and easily remedy it by a very simple *operation*.

TORPID LIVER.

Torpidity of the liver, commonly called "*Liver Complaint*," has already been treated in a general way under Biliousness, Constipation, and Dyspepsia, to all of which it is very closely related. Many persons ascribe to the liver most of the derangements which disturb the appetite, clog the secretions, and blunt and pervert the mental faculties. The condition of the liver when torpid is one of congestion, attended with more or less enlargement.

CAUSE.—The same as are named under Biliousness, Dyspepsia, and Constipation. Deranged conditions of the circulation of the blood are very apt to induce a torpid liver. Malaria, debility, and anything which impairs the physical vigor tends to invite it. Rich foods and irregular habits are frequent causes. The use of patent pills and strong cathartics aggravate and cause, rather than cure, liver derangements.

SYMPTOMS.—Dull pains in the limbs, back, and head, general languor, coated tongue, giddiness, vertigo, confusion of mind, depressed spirits, nausea, headache, constipation, flatulence, clay-colored stools, cold hands and feet, slight jaundice, pain and discomfort when lying upon the left side, stupidity and sleeplessness; tenderness, and a sense of fullness over the liver, on the right side at lower edge of the ribs; pain in the shoulders, chronic cough, hypochondria, irritable temper, and sour disposition.

TREATMENT.—In no affection is a *strict régime* more necessary. Most cases can be cured by regulating the diet alone. The action of the skin and bowels must be carefully promoted; but, as a rule, "liver regulators," calomel, and strong cathartics must be avoided. Tobacco, tea, coffee, and alcoholic beverages of all kinds must be discarded. If the system is run down, the circulation poor, or the general health impaired, rest and relaxation are necessary.

The various measures named under Biliousness, Dyspepsia, and Constipation will be found useful, such as small doses of *dilute muriatic acid*, *tincture nux vomica*, drinking freely of *warm water*, *acid baths* as described elsewhere—all of which must be persisted

in for a long time. We cannot too strongly recommend the use of small doses of *nitro-muriatic acid* in chronic liver complaint. Taken in five-drop doses it will be found a sovereign remedy. It should be taken at meal time, well diluted with water. Acid baths should always be tried when other measures fail.

Half teaspoonful doses of *fluid extract of dandelion* three times a day, for several weeks, have been found useful. Mild laxatives only should be used. Small doses of *podophyllin* at night or some laxative mineral water in the morning will prove beneficial.

Phosphate of Soda, one teaspoonful in warm water every morning, is perhaps the best of all laxatives for torpid liver. Persons with torpid liver usually feel weak and debilitated, and often resort to iron, stimulants, cod-liver oil, etc., when such are not at all indicated in the treatment.

VACCINATION.

Cow-pox is essentially smallpox bovinized. When matter is taken from a cow-pox pustule and introduced into the skin of a human being, it will—if it “takes”—produce a pustule, perhaps a number of them, in the region of the inoculated parts. The pustule will follow a well-defined course, and will absorb from the system the susceptibility to smallpox poison, and, for a number of years, render the individual exempt from the influence of the disease. This is known as vaccination. Perhaps more than anything else within the realm of scientific medicine, the subject of vaccination has been discussed. Edward Jenner, over a hundred years ago, noticed that persons who contracted cow-pox while milking cows, escaped having smallpox. After several years of observation and experiment, he made the discovery known to the world. Since his time the universal practice of vaccination for smallpox has reduced the deaths from this disease to a very small number.

Vaccination, however, has met with persistent opposition. There have been hundreds of anti-vaccination pamphlets published, and there are at the present time no less than six periodicals devoted to opposing the custom. To counteract this, however, the medical profession is almost a unit in favor of it, and statistics

collected during the past hundred years seem to prove conclusively that it has been a boon to humanity, and that it has almost obliterated from the earth one of the most loathsome diseases with which humanity has had to contend.

The propagation and collection of vaccine virus direct from the heifer is now a part of medical science, and the old method of passing a scab around from one family to another has, fortunately, become obsolete. Much damage has been done, no doubt, by using virus which has been contaminated by disease. From the vaccine farms comes virus direct from perfectly healthy and well-kept heifers, and it can be used with full confidence that no disease will enter the system by its employment.

Vaccination, to be protective against smallpox, must "*take*;" that is, it must follow a well-defined course. To insure this, only fresh virus should be employed. A physician should be entrusted with the operation, as it should be properly done. When vaccine fails to take, it is not an indication that the person vaccinated is not susceptible to the virus, but more than likely it is due to the virus being inert, or to the fact that it was improperly applied. As a rule, children should be vaccinated before they are six months old. If there is a tendency to disease of the skin, it is always wise to consult a physician before deciding on vaccination, unless there are special reasons for it. Re-vaccination at the end of every ten years is desirable.

Vaccine virus can be obtained from any druggist, with full directions accompanying it, by giving a few days' notice. It is collected on the tips of small pieces of bone so shaped as to be used to scarify the parts. The best place to apply the vaccine is on the arm, between the shoulder and the elbow. The scarification of the skin should be carefully done, so as not to draw the blood, yet the tender portion of the skin should be reached. The virus should be dampened with water, thoroughly applied to the scarified surface, and allowed to dry for twenty minutes. If it takes properly, the resulting sore will be typical, and go through a well-defined process. No other sore acts just like it.

In about four days following the operation a small papule appears.

During the fifth, sixth, and seventh days a vesicle forms.

About the eighth day the vesicle turns to a pustule.

From the ninth to the eleventh day an areola forms.

About the twelfth day it begins to dry.

From the seventeenth to the twentieth day the scab drops off.

The scab is round, thick, and of a mahogany color.

If its history fails to correspond with the foregoing outline, the treatment will not prove effectual as a preventive against smallpox.

If virus is to be used from a scab taken from another person—"humanized virus"—care should be exercised in selecting none but that from healthy and robust persons, and also that it be from a person who was vaccinated for the first time.

VARICOSE VEINS.

Varicose, or *Enlargement of the Veins*, in its popular meaning, consists of an enlargement of the superficial veins of the lower limbs. One or both legs may be affected. The veins may become varicosed, however, in any part of the body. Varicocele and piles are forms of varicose veins.

CAUSE.—Anything which obstructs circulation, a debilitated and relaxed state of the system, exercise which puts the lower abdomen and limbs under great strain, or remaining too constantly in an erect posture. Pregnancy, dropsy, and the presence of tumors, are often exciting causes. The wearing of non-elastic garters comes in for a share of the blame. It is, perhaps, about evenly divided between men and women, and is most apt to occur in middle life.

SYMPTOMS.—The diagnosis of this affection is simple. The veins sometimes become greatly enlarged, causing pain, heaviness, and clumsiness of the limb. Sometimes the skin becomes irritated and ulcers form, which are always difficult to cure. Veins occasionally burst, and the bleeding is sometimes profuse.

TREATMENT.—Those threatened or afflicted with varicose veins should lose no time in removing or avoiding the exciting causes of the complaint. Tight garters should be discarded, constipation

relieved and prevented, prolonged and tiresome exercise on the feet abandoned, and the general health improved. The most satisfactory appliances for the relief and cure of varicose veins are the pure *rubber bandage* and the *elastic stocking*, made to fit. A rubber bandage should be about $2\frac{1}{4}$ inches wide, and of proper length. It should, as a rule, be worn over a thin stocking. It should be applied by beginning near the toes, and evenly and carefully covering the limb as far as the enlargement of the veins extends. The bandage should be applied the first thing in the morning, and removed at bedtime; and if it should at any time cause undue pain, uneasiness, or swelling of the foot, it should be removed at once. It should be of pure rubber, thin, and of good quality.

Elastic stockings are, perhaps, to be preferred to the bandage, but are more expensive, and it is more difficult to obtain an even pressure in their use. They may be made to lace; but when they are made to order, after a correct measure, it is, perhaps, best not to have them lace. Those that lace have the advantage, however, of admitting the drawing up or letting out which is sometimes desirable. Those in need of such articles should apply to a druggist, who will furnish blanks and directions for measuring, and a fit can be secured in every case.

Should stockings or bandage irritate the skin, it is best to wear a thin stocking under them; indeed, this is always to be recommended. If a stocking is to be worn night and day, it is best to have two, and wear one of lighter weight at night, as but little pressure is needed while the patient is in a recumbent position.

Sometimes a very satisfactory laced stocking can be made out of cloth, the service and utility of which depends largely upon the ingenuity of the one who makes it. A common muslin bandage should never be used for varicose veins, except in rare instances. A woolen bandage is far preferable to one made of cotton fabric. Sometimes a surgical operation is advisable; but, as a rule, it fails to effect a permanent cure.

VENEREAL DISEASES.

We will mention only one of the two diseases usually considered under the above heading, namely, *Syphilis*, and we assume that those who read this chapter need no description of the primary stages of the disease.

Syphilis is of two kinds, acquired and inherited. It is a dreadful disease. God has marked no sin with a more terrible and indelible brand than that which the virus of this loathsome disease inflicts. The havoc which it produces is apparent only to the educated physician. Deformed bones, decayed teeth, diseased minds, scrofulous bodies, shattered nerves, organic and incurable diseases of various kinds, descending, as a legacy, from the fathers upon the children unto the third and fourth generation, tell us upon every side that the laws of God cannot be transgressed without bringing punishment.

Should any who read this book be so unfortunate as to contract this disease, it is to be hoped that they will realize the gravity of their misfortune. The probabilities are that in their bodies, to the very marrow of their bones, it will settle; and in their vitals its poison will flow, and, like a damning curse, it will contaminate and dwarf the vital forces designed to perpetuate the human race. The claims of posterity demand that the young manhood of our land be saved from this destroying monster—this pitfall to virtue, health, and character.

The *treatment* of this disease in all its phases—from first to last—requires the services of a skillful physician. Do not consult the quack or advertising doctor who makes a speciality of this class of diseases. Avoid him as you would a serpent; he is the most disgraceful scab within the whole realm of medical practice. In almost every manufacturing centre there are itinerants who solicit this kind of practice, and are always anxious to try their skill; they are usually moral lepers, and should be avoided. All patent medicines are entirely useless; using them is a waste of time and money. Do not consult a druggist who handles such matters as a side issue to his business.

Consult a physician, and assure him of your intention of loyally

following his directions. Pay him well for his services, and it is proper and right that his charges be liberal. If the disease is cured and thoroughly eradicated from the system, it will be by a course of treatment far beyond the scope of promiscuous dosing, or popular medication. No disease needs the life-time oversight of a physician more than this one; and those tainted by its influence, no matter how long separated from its inception, should entrust the matter with a practitioner ambitious and competent to render the full benefit of modern medical skill.

VOMITING.

While vomiting is only a symptom of some morbid condition, it is sometimes of such a nature as to require special treatment.

CAUSE.—Most of the cases of vomiting are due to irritating substances within the stomach. Such substances may be simply food, while the coating of the stomach is so sensitive as to be irritated by simple contact; or the substance may be revolting to the natural instinct of the stomach; or it may be a poison. Disorders of the brain, injuries, or any decided shock to the system, are apt to provoke nausea and vomiting.

TREATMENT.—The *cause* should always be found out and, if possible, removed, when the vomiting will cease. If it is due to some offending substance within the stomach, perhaps the best thing is to let it continue until the stomach is emptied; or perhaps it should be assisted by draughts of warm water.

Ice is one of the best remedies for ordinary *sick stomach*. Small pieces allowed to melt in the mouth and swallowed, will relieve most cases, and should always be tried.

Lime water is the most used of any remedy for vomiting. It should be mixed with an equal quantity of *milk*, and given in tablespoonful doses every half hour. The stomach will often accept and digest this mixture when no other food can be taken.

Any one of the following will be found useful:—

Two drops of *chloroform* on sugar every hour.

One drop of *creosote* or *carbolic acid* every hour or two.

One drop of *wine of ipecac* every hour.

Three grains of *oxalate of cerium* every three hours.

Five grains *subnitrate of bismuth* before eating.

Five grains *bicarbonate of soda* when stomach is sour.

One-twentieth grain *calomel* on the tongue every hour.

One drop Fowler's solution of *arsenic* before meals.

Plain *soda water*, *Apollinaris water*, and *Vichy water*.

Ice at the nape of the neck.

Mustard plasters over the stomach.

For children, a *spice plaster* over the stomach is to be preferred to mustard.

WALKING IN THE SLEEP—Somnambulism.

Those who arise from their bed during sleep and perambulate the room or house, or perhaps venture out-of-doors, always regard their acts with apprehension. Such persons are afraid they will crawl out at a window, fall down stairs, wander into some treacherous locality, or expose themselves to ridicule.

Somnambulism may result from some peculiar nervous organization, or it may be due to deranged health, as dyspepsia, constipation, or hysteria. When it occurs in old persons who have not previously been subject to it, it is apt to indicate brain disorder of a more or less serious nature. It usually takes place either soon after going to bed, or toward morning, and not during the period of profound sleep.

TREATMENT.—Improve the general health. If there exists dyspepsia, constipation, or intestinal worms, they should be removed. The diet should be regulated, and no food should be taken for several hours before going to bed. A strong impression made upon the mind will sometimes effect a cure. Some one should sleep with those so addicted and be ready to awaken the would-be wanderer. Fastening the big toe to the bed-post with a string, or sprinkling the floor with nails or other articles calculated to impede walking, might suit desperate cases.

WARTS.

Warts, *verrucae*, are round, elevated, smooth or irregular, colorless or pigmented growths upon the skin.

They are most common upon the hands, but are occasionally seen upon other parts of the body. Their cause is obscure. They are much more common with children than with adults.

They may last a lifetime, or disappear spontaneously. When one is removed by medical or surgical aid, others are apt to disappear without treatment.

TREATMENT.—Warts, such as are found on the hands of boys, require no treatment. They will some day be missed, and the order of their going will be a mystery.

Young ladies sometimes seek their removal, and mild remedies should always be first tried. Painting them twice daily with *tincture of iodine*, a strong solution of *blue stone*, strong *acetic acid*, or *carbolic acid*, will often dispel them. So will powdered *tannin* or *burnt alum*, dusted on.

Before applying any of the above, the warts should be closely pared.

Chromic acid and *nitric acid* are strong caustics and will remove them; but care should be taken not to include the surrounding skin in the application. These remedies are safer in the hands of a physician.

Cutting them closely and rubbing them with *stick caustic* is an effectual remedy. *Ligating* them with a waxed silk is sometimes the best treatment. *Electricity* will remove them. *Burning* them with a heated instrument is a painful but safe and effectual procedure. Sometimes they can be *scraped* out with the side of a spoon or other instrument.

When a wart is large or disposed to be angry, or is on an aged person, a physician had better remove it, as warts sometimes take on unhealthy action.

The following is said to remove them:—

A—399.

Salicylic acid,	30 grains
Alcohol,	32 drops
Ether,	120 drops
Collodion,	4 drachms.

Mix. Apply daily to warts.

WETTING THE BED.

This habit, also known as *Incontinence of Urine*, is confined almost entirely to young children.

CAUSE.—Habit, neglect of parental training, mental deficiency, or it may result from irritable bladder, or the presence of irritating substances in the urine. Colored children are much more prone to it than white, which argues in favor of negligence being a prolific cause. It is often an annoying accompaniment of the diseases incident to advanced life. The presence of worms, and physical imperfections of the parts involved, sometimes cause the weakness.

TREATMENT.—If a child is inclined to pass water frequently during the day, it indicates that it is due to some disease or local irritation, which, as a rule, can be easily remedied.

Withholding liquids for two or three hours prior to going to bed, always having the child to urinate before retiring, if possible having it wake up and repeat the act once or twice during the night, may break the habit. The child should be thoroughly aroused each time, however, or the mental training will be lost. Training the child to regularity, and somewhat seldom acts during the day, will have a beneficial effect. To permit young children to go undried begets a slovenly nature, while a strict discipline in these matters not only inculcates an essential training, but a child may be so trained as to become exceedingly uncomfortable at the least infringement of cleanliness. Children should be educated to clean habits, to abominate filth—and should be taught this early.

When they soil the bed, they should not be permitted to lie in discomfort all night, but they should be dried at once, and the soiled bed-clothes replaced. This may be a trying task in the middle of the night, but it always pays. A waterproof cloth should always cover the bed where such an accident is likely to take place. Children should be taught to lie on the side, because while on the back gravity involves the most sensitive portion of the bladder in pressure. Attention to this one little point will sometimes bring about a cure of the trouble.

Discipline of the right sort can sometimes be used to advantage, especially where the child is large and the habit becomes a matter of thoughtlessness; but it should not be forgotten that most cases are beyond the child's control, and punishment or even unkindness will do harm. A physician should always be consulted in obstinate cases, and should inquire into the prime cause of the difficulty. If he is busy, he may, without any intelligent search for the existing cause of the complaint, prescribe belladonna, and some alkaline diuretic, which may not be what is needed at all. The main thing to be done is to *find out the cause and remove it*. If this cannot be done, first one medicine and then another must be tried, until the cure is wrought. It is sometimes an exceedingly difficult habit to overcome. Patience and discomfort must sometimes be prolonged. Improvement of the general health will sometimes cure the habit. The following is an excellent—

A—401.—TONIC.

Elixir iron, quinine, and strychnine,	1 ounce
Syrup,	3 ounces.

A teaspoonful in water, three times a day, for a child three years old.

Or

Tincture of belladonna, which is prescribed more than anything else for this trouble, may be given as follows:—

B—401.

Tincture belladonna,	1 drachm
Water,	4 ounces.

One-half to one teaspoonful, to a child three years old.

Each teaspoonful of this mixture contains two drops of belladonna, and should not be increased without consulting a physician.

WHOOPING COUGH.

Whooping cough, known in professional language as Pertussis, is essentially a disease of childhood, yet adults occasionally have it. It is contagious, and very few escape it during early life. One attack secures immunity from future attacks, except in very rare instances.

SYMPTOMS.—It begins like a hard cold or catarrh, with some

fever. At the end of about a week, or later, the characteristic "whoop" makes its appearance. The lungs, by a series of rapid and abrupt expirations, are emptied, and just when suffocation seems threatened there is a long-drawn inspiration, attended with the peculiar noise from which the disease derives its name. During a paroxysm the eyes are red and filled with tears, the face is red and swollen, and the countenance betokens suffering. The coughing and whooping produce a discharge of stringy mucus, sometimes in great abundance. Vomiting sometimes results; the nose is apt to bleed, and convulsions may occur. The cough is much worse at night. The disease lasts from six weeks to almost an indefinite length of time, the cough and catarrhal symptoms often being very loath to entirely disappear. A whole year sometimes passes before recovery is complete.

TREATMENT.—Almost everything in the drug store is used for whooping cough, and most people believe it can be cured by proper medical treatment. Such, however, is not the case. There is no medicine, or combination of medicines, that will cut short the disease. The only thing that can be done is to palliate and modify the symptoms. In clear, bright weather it is best to go, more or less, in the open air.

During the first stage an occasional dose of *castor oil* is useful. *Syrup of ipecac* should be taken to loosen the cough, and *milk of asafetida* will be found useful to quiet the nervousness, upon which the cough largely depends.

While the cough, the whoop, the mucous discharges, and the loss of sleep are all fully in process, remedies to lessen the violence of these symptoms are of great importance.

Any of the following will be found useful:—

Half teaspoonful doses of *syrup of ipecac*.

Half teaspoonful doses of *syrup of squills*.

Two or three drop doses of *tincture of belladonna* every four or six hours.

Two or three drop doses of *tincture of hyoscyamus*.

Teaspoonful doses of *milk of asafetida* every three hours.

Ten or fifteen drops of *fluid extract of chestnut leaves* every three or four hours, in water, are said to greatly modify the cough.

Put sixty grains of *alum* in four ounces of water, sweeten with honey, and give a teaspoonful every three hours.

The following will be found useful to lessen the violence of the paroxysms:—

A—403.

Bromide of potash,	1½ drachms
Tincture of belladonna,	1 drachm
Syrup of wild cherry bark,	3 ounces.

Mix. A teaspoonful every four to six hours to a child ten years old, or one-half the quantity to a child five years of age.

Or

B—403.

Bromide of ammonia,	30 grains
Simple elixir,	2 ounces.

Mix. A teaspoonful three times a day.

Or

C—403.

Dilute nitric acid,	1 drachm
Syrup of wild cherry,	½ ounce
Water, enough to make	2 ounces.

Mix. One teaspoonful to a child five years old every three or four hours, diluted with water.

Or

D—403.

Cod-liver oil,	} equal parts.
Honey,	
Lemon juice,	

Mix. Dose, a teaspoonful as often as necessary.

Or

Burning a few drops of *carbolic acid* on a hot shovel it is said, will often secure a good night's sleep.

A child with severe whooping cough should be given but little food at a time, and that just after a paroxysm. Milk, in which is put a little lime water, is a very desirable food.

Spraying the throat with a solution of *quinine*, *thymol*, *carbolic acid*, *chloride of lime*, or *oil of eucalyptus*, is just now being practiced with the most happy results.

DISEASES OF WOMEN.

Diseases peculiar to women, or, in common parlance, "Female Diseases," have been given, through medical literature of the popular advertising sort, far more prominence than is either necessary or advisable. The discussion of this subject should

not be intruded upon the naturally sympathetic mind of women. A great curse has been wrought by those who, for the sake of money, have disturbed blissful unconsciousness, stamping fear and nervousness upon the delicate organization of womanhood.

Diseases of women are of two kinds, real and imaginary—*i. e.*, those which really exist and affect the peculiar anatomy and physiology of the sex, and those which exist in the imagination only, and are due to the mental or nervous condition, so acutely sensitive in woman.

If all that has been said, written, imagined, and done in relation to these diseases, could be swept into oblivion, and woman be restored to that blissful, serene, and natural unconsciousness of bodily ailments—her normal dominion—a new era, bright with joy and blessedness, would await the better half of the human race.

It cannot be denied that diseases peculiar to women really exist; but we are prepared to say that many of the cases considered as diseases are either entirely imaginary, or of such a trivial nature as in no way to merit the importance which usually attends their notice.

When we consider the intensely nervous and delicate organization of women, and then behold the warning insinuations and frightening falsehoods coming to them, through nearly every avenue of journalism, by the mercenary efforts of charlatans, it becomes apparent *why* these derangements are so common as either real, or imaginary conditions.

The man or woman who designedly distributes advertisements calculated to delude the mind and induce imaginary diseases with one hand, in order to create a demand for some worthless "compound" or "specific" offered in the other hand, is given over to a species of villainy which is deplorable, and which the women of America ought to repel with indignation.

To encounter the claims of pretenders, so persistently urged, and at the same time live free from all forebodings and imaginary weaknesses, and consider health and harmony of physique as a matter of course, is a very desirable conquest for womanhood to make, nor is it an unattainable condition; but, to the courageous,

self-poised woman who discerns, even though imperfectly, that ideal which the Great Artificer had in her creation, it may become a reality, through her efforts to live above fear and to obey the laws of her being.

The treatment of the actual diseases to which the women of the present day are subject, should be entrusted entirely to the medical profession, and to the very best of the profession.

Such treatment should be carried on under circumstances to insure confidence, and at all times the advice of the physician should be strictly followed.

Listening to the deceptive advertisements of quackery is, in cases of this kind, a serious error. Books treating upon these subjects should be selected with special care, as many of those seeking recognition are inexpressibly objectionable. Several have been published, in reality, as advertisements of medical pretenders and secret nostrums. The women of Christendom are to be warned against these pernicious publications. Their influence is withering, and their effect blighting.

There are, however, books upon these and kindred subjects pre-eminently worthy of respect and confidence.

The Four Epochs of a Woman's Life, by Anna M. Galbraith, M. D., W. B. Saunders Co., Philadelphia, price, \$1.50; and *Maternity, Infancy and Childhood*, by John M. Keating, M. D., J. B. Lippincott & Co., price, \$1.00, are both entirely reliable.

Every thoughtful woman feels, when contemplating the duties of wifedom and maternity, the necessity of an intelligent knowledge and understanding of the laws of her physical being.

Such a knowledge—too costly if bought by experience alone—can be thoroughly gained by the careful study of such books as we have mentioned above; and future generations will bless her who seeks to give to her offspring every advantage that scientific research in the realm of physiology has brought within her reach.

Let her thus learn the wonders of her own nature, and the reverence she owes herself, her sacred obligations as wife and mother, and her supreme responsibility to her Creator.

WORMS.

There are twenty-one different kinds of worms occasionally found within the alimentary canal. Only four kinds, however, are common, the others being mere curiosities.

The four principal varieties are:—

1. The Round Worm.
2. The Thread or Seat Worm.
3. The Tapeworm.
4. The Trichina.

ROUND WORMS.

The Round, Lumbricoid or Long Round Worms, are the most common. They are about the diameter of a goose quill, and from a few inches to over one foot in length.

CAUSE.—They enter with the food or drink, and multiply in the intestines. The habitation is confined to the small intestine, as they cannot exist for any length of time in the cavity of the stomach, or in the large bowel. They are most common in children after the second year; infants and adults being comparatively free from them. Children in the country and small towns, where well water is used, are much more troubled with them than city children.

SYMPTOMS.—Worms may exist without giving rise to any symptoms whatever. Their discharge is often the only sign of their presence; indeed, it is the only proof. Dyspeptic disorders, such as variable appetite, constipation, diarrhoea, swollen abdomen, restlessness at night, picking of the nose, and a peculiar paleness around the nose. Worms sometimes cause convulsions.

TREATMENT.—*Santonin* is the best remedy in the *Materia Medica* for round worms. Most of the worm lozenges and tablets contain one-half grain each of santonin, the remainder of the lozenge being sugar flavored with peppermint, chocolate, etc. The dose for a child is about one-half grain, and two to three grains for an adult, taken night and morning. Care must be exercised in its use, as it is poisonous in large doses. It disturbs the vision, causing objects seen to assume a yellow tinge,

and the urine also becomes highly colored during its use. A cathartic should always follow its administration, to carry off the worms.

I have sold the various worm lozenges and confections for years, and no class of remedies gives better satisfaction. Full directions accompany each package.

The following is perhaps quite as efficient as the above.

Fluid extract of pinkroot and senna, one ounce. Dose. One-half teaspoonful to children. Two teaspoonfuls to adults.

It should be given early in the morning for several days, and repeated at the end of a week or so.

THREAD WORMS.

This variety, also known as *Seat Worms* or *Pin Worms*, is very annoying to some people. They are most common among children. Some families seem to be predisposed to them. They infest the lower bowel, giving rise to itching and irritation of the parts, and sometimes the general health suffers.

TREATMENT.—The best remedy is an *infusion of quassia* injected into the bowel. Steep two ounces of quassia chips in one pint of water, and strain. Inject this into the bowel, having first washed out the bowel with warm water and soap.

This should be repeated as often as necessary, and larger amounts sometimes used.

It is best that the liquid be retained in the bowel for a few minutes, and with children it may be necessary to hold it in with a small piece of rag folded.

Or

Santonin Suppositories, two grains each. Insert one in the bowel every night.

Or

Inject a tablespoonful of *common salt* dissolved in a teacupful of water.

Or

A dose of *Epsom salts*, or *salts and senna* occasionally, will destroy them.

TAPEWORM.

There are several varieties of tapeworm, but there is no practical use of going into details. These worms generally exist singly in the bowel, but they are exceedingly prolific in depositing eggs. It is claimed that a single worm will deposit forty-two million eggs annually. They may live for ten or fifteen years, and they sometimes reach a length of fifty to one hundred feet. Indeed, it is said that they have been known to measure six hundred feet. They are composed of segments, growing larger from the head, and lengthening as the tail end is approached. The segments become detached from the tail, and discharged, much resembling bleached gourd seeds.

SYMPTOMS.—There may be no symptoms whatever, or they may cause a long list of annoying sensations. Passing the segments from the bowel is the only proof of their presence.

TREATMENT.—Many remedies have been used, but there are only a few in general use at the present time.

Pumpkin seeds are well adapted to general use, as they are not only harmless, but very efficient in the removal of tapeworm. I have on several occasions witnessed the most satisfactory results from their use.

Let the patient eat but little, or fast altogether for twenty-four hours; in the morning deprive from one to two ounces of pumpkin seeds of their shells, beat the pulp into a powder with pulverized sugar, and stir the whole in a glass of milk, and drink. In two or three hours take one or two ounces of castor oil. *Turpentine* is a very effectual remedy for tapeworm, but inferior to the above. One or two ounces should be taken, and in two or three hours take a large dose of castor oil. The turpentine is best given beaten up with the white of egg; or the turpentine and the oil, one ounce of each, may be made into an emulsion.

The above quantity always seems like an enormous dose of turpentine to those unacquainted with its action. This dose is, however, not so apt to cause unpleasant symptoms as would likely follow swallowing a smaller amount.

Pelletierine, in liquid form, is often used. One dose comes

already prepared in a vial, and it is very effectual. As it costs three dollars a dose, a serious objection to its use exists.

When persons have tapeworm they should live scrupulously clean, and when a worm is discharged it should be burned, and no opportunity be given to propagate from the eggs, which are microscopic.

TRICHINA.

Trichina, or *flesh worm*, is first introduced into the stomach and bowels, whence it migrates into the muscles of the body. It is very small, and results from eating uncooked hog meat. There is, as yet, no known remedy for this worm. The only thing to do is to avoid their presence in the system by avoiding all hog meat unless it is thoroughly cooked.

HOO KWORM DISEASE

The Hookworm Disease, *Ucinariasis*, *Miner's Cachexia*, *Mountain* or *Brickmaker's Anæmia*, is an infectious, epidemic, parasitic disease of the intestines. It is found in Italy, Egypt, India, the Philippines, Germany, Belgium and other countries; more prevalent within a wide tropical belt encircling the earth. In this country it is found chiefly in the southeastern states. While persons of all ages are subject to it the greatest infection occurs between the age of six and sixteen.

SYMPTOMS.—Anæmia, pale, pasty, yellow, dirty gray skin, faulty digestion, colicky pains, debility, swollen feet, sleeplessness, headache and lassitude, but not much loss of weight.

TREATMENT.—Prevention in infected localities by boiling drinking water, disinfecting all discharges, protecting the feet from the earth and correct habits. Anthelmintics to kill the parasites and cathartics to expel them from the system. So far *powdered thymol* is the most used remedy. Dose 5 to 30 grains for children; 30 to 60 grains for adults. Alcoholic liquors must be avoided while taking thymol. Improvement of the general health, and iron and bitter tonics are specially useful.

WOUNDS

Wounds of various kinds must be treated according to their extent, location, character, and the means within reach.

The first thing to be done is to make the patient comfortable. To do this may require but little skill, or it may tax our wits. Fright, faintness, pain, absence from home, etc., must always be treated upon common-sense principles.

The treatment of a wound may be summed up in three words—*cleanliness, position, rest*. It should be *thoroughly washed*, for which there is nothing better than cold water. When this is done, the edges should be carefully *brought together*, and *held in place* by adhesive strips, sticking plaster, or court plaster. For small wounds but little else is to be done; rest and protection of the parts being all that is necessary to promote the healing process.

In wounds about the face, great care must be exercised in adjusting the edges, to avoid leaving scars. It is best in such cases to consult a physician, no matter how small the wound may be. *Bleeding*, unless a blood vessel is severed, is not usually severe, and requires little or no treatment. If a large vein or artery is divided, the bleeding will be profuse, and will require immediate attention. If the blood is of a bright red color, and flows by spirts of considerable force, it is from an artery. To stop it, pressure should be made over the course of the artery above the wound, or on the side of it that is toward the heart. If the blood is of a dark color, and flows regularly and without much force, it proceeds from a vein, and pressure must be made on the side of the wound away from the heart, or toward the extremity of the body. Pressure is made by using a compress consisting of a towel doubled up in a compact form, and held down by a bandage. A physician should always be called to treat a wound of considerable size, and he should be consulted in all cases where unpleasant symptoms follow even a small wound.

PART III.

MEDICINES AND OTHER REMEDIES;

OR,

MATERIA MEDICA AND THERAPEUTICS.

BEING A PRACTICAL SETTING FORTH OF

THE NATURE AND VALUE

OF

THE MEDICINES AND MEDICINAL ARTICLES
IN GENERAL USE,

INCLUDING

THEIR APPLICATION IN THE TREATMENT OF DISEASE, AND THE ABUSES TO
WHICH THEY HAVE BEEN SUBJECTED IN POPULAR
AND GENERAL PRACTICE.

PART III.

DRUGS, MEDICINES, AND REMEDIAL AGENTS.

PURCHASING MEDICINES, AND USING AND KEEPING THEM IN THE HOUSEHOLD.

This part of the present volume is devoted to the consideration of those things, be they drugs or other agents, which have proved to be of value in the treatment of disease. The author has not deemed it essential to dwell upon the botanical history of plants, the chemical composition of drugs, or to describe the processes employed in the manufacture of chemicals, or in compounding medicines.

The most important facts connected with medicines, after all, relate to the good which can be accomplished in the various uses to which they are applied. This is a practical age, and people are disposed to take things as they find them. Without considering past experience or primary details, they aim at practical results.

The sick do not care where medicines are obtained, nor who compounds them, and they take but little interest in the shape in which they are dispensed; the paramount problem with them is, to obtain the remedies best calculated to cure their diseases.

Unless a family lives a considerable distance from a drug store or a physician, it is not a good plan to keep much medicine in the house. To be of value, medicines of all kinds must be of standard strength and in perfect condition, and, as a rule, it is best to procure them fresh from the druggist as needed. Laudanum and iodine and some other tinctures become too strong if long kept. Many others lose their medicinal virtue; oils become rancid; powders change in many ways, and pills become so dry and hard that they are insoluble in the stomach. When any of these changes take place in medicines they are unfit for use.

Many people imagine that if they purchase crude drugs, roots, herbs, etc., at a drug store, and manufacture them into medicines at home, they save money thereby, and secure a better article than they could otherwise obtain. In this they are mistaken. The most unreliable goods in a drug store are roots, herbs, and crude articles. Elixirs, fluid extracts, and other manufactured pharmaceuticals of the drug store, are incomparably superior in every respect to crude articles; and when the druggist compounds a mixture, if he is an honest, competent man, he furnishes a much more reliable compound than can possibly be secured by domestic manipulations. To extract the virtues of a drug requires no little skill. Some drugs require heat for this purpose; others are rendered worthless by it; alcohol alone dissolves the important ingredients of some articles, while water is required for others; sugar disguises the unpleasant taste of some medicines; aromatics are required for others; and certain specific flavors are required to render others palatable. Some medicines act better in liquid form, some should be given in powder, while others act best when administered in pills. There are many things connected with the drug business which are "easy enough if one knows how," yet entirely beyond the skill of those not trained in the art of compounding medicines.

A medicine should not be continued after the disease, or the symptom for which it was prescribed, has been relieved or cured. Most prescriptions are written to cure present conditions, and are not intended to meet the future symptoms and complications of a case of illness. Because a medicine seems to act admirably for the purpose intended, is no reason for thinking it is good for everything. Unless the physician so instructs, a prescription should not be refilled and continued for a great length of time; as a medicine exactly appropriate at one time may at another time be just the opposite of what is needed. An effort to enlarge upon the utility of mixtures and medicines generally, beyond their real indications, has done a great deal of harm.

The directions accompanying medicines should always be strictly followed. It is always the aim in prescribing medicines to produce certain definite results, and taking too much or too little should be avoided; neither should the doses be taken more often than ordered. Some persons are apt to imagine that if moderate doses will impart some benefit, larger doses will do more good, and they will increase the quantity in order to get well in a hurry. Much mischief has resulted from such thoughtlessness.

Medicines should never be drank from the bottle, nor the dose guessed at, as such a practice is sure to vary greatly from what is intended.

Take good care of medicines; keep all bottles corked, all powders well wrapped, and everything out of the reach of children. Never use anything but cork, rubber, or glass stoppers; twisted rags, corn-cobs, and rolls of paper should not be used for such purposes.

Medicines should not be left exposed to the air. The practice of mixing medicines in a tumbler of water and allowing them to stand exposed in the sick-room, is a bad one; in such cases the water absorbs the impurities from the atmosphere, many substances rapidly lose their virtue when so exposed, and there is always danger of drinking such mixtures by mistake for a glass of water. A much better plan consists in mixing the desired remedies in bottles of suitable size, and keeping them securely corked.

Always have medicines put in bottles of suitable size and shape. Bottles representing pigs, elephants, shoes, etc., were never intended for medicines, and it always tends to affect the pride of a druggist to dispense his goods in such inappropriate vials. It is never advisable to put a medicine in a bottle entirely too large to hold it, as evaporation always takes place, and the strength of the contents is changed thereby. In some instances the strength is increased, in others it is entirely destroyed. Druggists, as a rule, charge cost only for bottles, and if a suitable one is not found a new one should invariably be obtained, especially for medicines intended for internal use.

DOMESTIC MEDICINE MEASURES.

One drop	is considered equal to	one minim	(m j).
One teaspoonful	" "	one drachm	(ʒ j).
One dessertspoonful	" "	two drachms	(ʒ ij).
One tablespoonful	" "	one-half ounce	(ʒ ss).
One wineglassful	" "	two ounces	(ʒ ij).
One teacupful	" "	four ounces	(ʒ iv).

As neither drops, spoons, glasses, nor teacups, are of uniform size, the above table is far from accurate.

A *minim* is always the same—one-sixtieth of a drachm—and almost exactly the size of a drop of water; but drops of many

liquids are much smaller. Much also depends upon the shape of the bottle from which the liquid is dropped. A *medicine dropper* is the best instrument to insure accuracy in dropping medicines. When a dropper is not at hand, the contents of a bottle may be easily dropped by pressing the cork against the mouth of the bottle and allowing the contents to slowly flow down the side of the cork and drop from the lower edge.

Spoons of all kinds are of variable size, and their contour does not admit of accuracy as instruments for measuring.

Graduated medicine glasses, for sale at all drug stores, are accurate, and should always be used in measuring doses. *Spoons*, being of metal, are entirely unsuited for measuring acid or corroding substances. *Wineglasses* are seldom found at the present day in the household, but they are often named in directions; a two-ounce bottle may be used instead. *Teacups* are supposed to hold one-fourth pint, but most of those used are much larger. They are used, however, to measure weak decoctions or infusions, and a slight variation in the size of the dose is of small importance.

DOSES ACCORDING TO AGE.

Taking an ADULT DOSE as the standard :—

Children under 1 year require $\frac{1}{12}$ as much.			
Children over	1 year and under	2 years	require $\frac{1}{6}$ as much.
" "	2 years	" "	3 " "
" "	3	" "	5 " "
" "	5	" "	8 " "
" "	8	" "	12 " "
" "	12	" "	20 " "

The following rule is often used to gauge the dose for children. "Add the age to 12 and divide by the age," thus: at 4 years, $\frac{4+12}{4} = \frac{1}{2}$ of an adult dose.

The following is also very plain: "Add 1 to the following birthday and divide by 24;" thus: at 1 year, $\frac{2}{24} = \frac{1}{12}$; at 2 years, $\frac{3}{24} = \frac{1}{8}$; at 3 years, $\frac{4}{24} = \frac{1}{6}$, etc.

The size and general strength of a child should always be considered.

Persons beyond the age of sixty-five require less medicine than those in middle life, and the very aged require greatly diminished doses; women require smaller doses than men, and conditions peculiar to sex should not be overlooked.

ACIDS.

The MINERAL ACIDS—MURIATIC, NITRIC, NITRO-MURIATIC, SULPHURIC, and PHOSPHORIC ACIDS, are but little used in domestic practice, yet in the hands of the medical profession they fill an important place.

These acids are sold in *two* degrees of *strength*—*pure* and *diluted*. As they are exceedingly poisonous in full strength, it is absolutely necessary that those who use them should thoroughly understand the preparation they are called upon to handle.

The following are treated under the *strength* in which they should be used. They should be kept in colored bottles with glass stoppers.

DILUTE MURIATIC ACID.

Also known as *Dilute Hydrochloric Acid*,—*Acidum Hydrochloricum Dilutum*—is an exceedingly useful medicine. It is a normal ingredient of the gastric juice. It aids digestion, and is often advantageously added to pepsin, gentian, nux-vomica, and other tonics. It is of special value in *dyspepsia* in combination with pepsin.

Muriatic acid should be chosen when an acid is to be administered for *fevers*. It may often be advantageously given in *malaria*, *consumption*, etc., where there is *indigestion*, *diarrhœa*, *fever*, *thirst*, or *torpid liver*—symptoms for which dilute muriatic acid is very appropriate. In medicine it is often important to treat several symptoms with one remedy, for which the above complications offer opportunity.

The *dose* of *Dilute Muriatic Acid* is from five to twenty drops well diluted with water, and, as it is injurious to the teeth, it should be taken through a glass tube.

NITRO-MURIATIC ACID—*Acidum Nitro-Hydrochloricum*.

As this acid does not keep well when diluted, it should be procured *full strength*, in a colored glass vial, with a glass stopper.

It is exceedingly *poisonous*; not even a drop should be allowed to fall on the clothing. It will dissolve gold, and for this reason is sometimes called *Aqua Regia*.

The *dose* is from three to five drops largely diluted with water, and should be taken through a glass tube.

Nitro-Muriatic Acid is an exceptionally valuable medicine. Properly used, it is of greater value than any of the other mineral acids.

It has a special action on the *liver*. When the liver is torpid, the skin sallow, the eyes yellow, the tongue furred, and the head dull, this acid is indicated.

Chronic congestion of the liver is often the real seat of much that is called dyspepsia, intestinal catarrh, general debility, and biliousness. This condition is too often treated by large doses of cathartics, or the various nervines advertised, which only make matters worse.

Acidity of the stomach is often completely and permanently cured by the use of acids. As a rule, it is better to give the acid before meals, when there is acidity in the above cases.

Like many other medicines, acids generally do more good when given in small doses long continued. Three to five drops well diluted with water, three times a day, will often do more good, and be far more grateful to the stomach than many of the patent nostrums.

DILUTE NITRIC ACID—*Acidum Nitricum Dilutum*.

This acid is sometimes taken internally through a tube. *Dose*, from three to ten drops well diluted. A few drops will often relieve sudden *loss of voice* and the *hoarseness* of speakers and singers.

It is a tonic to the *liver*, and is much prescribed to *clear the urine* when it deposits a milky, smoky sediment.

It is a popular remedy for *whooping cough*, for which purpose a teaspoonful of the *dilute acid* should be put in a tumbler, and water added until it is about as sour as lemon juice; then add sugar until it is quite syrupy.

For a child a year old, a teaspoonful of the above mixture may be given every hour.

STRONG NITRIC ACID.

This acid, known as *Aqua Fortis*, is exceedingly powerful. It is sometimes used to destroy *warts* and *moles*, but it is unfit for any one, except a professional, to handle.

Ten drops in a pint of water may be occasionally used as a wash for slow and indolent *ulcers*.

DILUTE PHOSPHORIC ACID—Acidum Phosphoricum Dilutum.

Dilute Phosphoric Acid, taken into the stomach, is perhaps the most grateful of the Mineral Acids. It can be taken in larger doses, and for a longer time, with less liability of deranging the digestion, than any other, and should be selected when an acid is to be long continued, as in *diabetes*.

Its solvent properties not only make it useful in *phosphatic deposits in the urine*, but ill-conditioned and *scrofulous* persons are often greatly improved by it.

The *Phosphorus* in Phosphoric Acid is not set free in the system, and should not be given when the specific effect of phosphorus only is wanted. It is not a "brain-food" directly, yet by aiding the *digestion*, and improving the *general health*, it is capable of doing great good.

Dose, ten to thirty drops, largely diluted and sweetened.

Horsford's Acid Phosphate, a well-known proprietary article, is much abused by those who advertise it, as well as by those who take it. It is a solution of lime, magnesia, potash, and iron, with free phosphoric acid. It should be taken in small *doses*—a half-teaspoonful in a tumbler of water sweetened. It is a delightful drink, and a medicine of real merit. It is, however, as a rule, taken in entirely too large doses.

As dispensed from the soda fountain, it often acts injuriously. Clerks will frequently squirt into a glass of soda, two or three teaspoonfuls, turning what might be an exceedingly pleasant and healthy draught into a sour and unwholesome mixture, irritating to the membrane of the stomach. Many druggists are in the habit of substituting dilute acid of various strengths, when acid phosphate is called for. I have for years sold Acid Phosphate Soda from the fountain, and have always used Horsford's. When given in proper quantity it is both agreeable to the taste, and grateful to the stomach.

AROMATIC SULPHURIC ACID—Acidum Sulphuricum Aromaticum.

This article, also known as *Elixir of Vitriol*, is a reddish-brown liquid, with an aromatic odor, and pleasant acid taste, and may be used wherever sulphuric acid is indicated.

As it is somewhat *constringent* in its effect, the Aromatic Sulphuric Acid is well adapted to the treatment of *fevers* with flushed face, hot skin, dry tongue, diarrhœa, hemorrhage, or profuse sweats.

It is a standard remedy in *chronic diarrhœa*. Morphia may be combined with it when much pain exists.

It has been used in *lead colic*, both acute and chronic. While it may benefit the acute variety, the chronic form is better remedied by other drugs.

The *dose* is from ten to twenty drops, well diluted. In fevers, it is sometimes best to give it well diluted with water in the form of acidulated drinks.

As it is injurious to the teeth, it is best to take it through a tube, and rinse the mouth afterwards.

The ordinary SULPHURIC ACID or OIL OF VITRIOL of commerce, is a heavy syrupy liquid largely used for manufacturing purposes.

ACID BATHS.

Acid baths are a recognized form of administering acids, and I know of nothing which I can, from personal experience, more heartily recommend than bathing with acid. One-fourth ounce of Nitro-muriatic acid added to a quart of water in a washbowl, is proper strength.

A portion of the body should be sponged with it, and then dried with friction, and then another portion, until in this way, the whole body is gone over. By sponging only a small surface at a time, and applying friction liberally, there will be no chilling even if cold water is used. The immediate effect is refreshing, and the gradual effect on the general health most happy.

The following is a more effectual way of applying the acid externally: Wring out a large piece of spongio-piline or of cotton flannel (several layers) in a lotion of a strength varying, according to the irritability of the patient's skin, from one to three fluid drachms to the pint of water. Apply this over the right side at the lower edge of the ribs, covering it with a piece of oiled silk supported by a bandage.

The application sometimes causes a prickling sensation, and after a time may produce a profuse local sweating. It may be left on from one-half hour to one hour, and be repeated three or four times a day. Some persons can wear it almost constantly.

In handling this acid, the use of metal spoons and tin vessels should be avoided.

Nitro-muriatic acid is extremely *poisonous* and will destroy the skin or clothing and must be handled with care.

CHROMIC ACID—*Acidum Chromicum*.

This article occurs in purplish-red crystals. It is used exclusively as a caustic, applied with the end of a glass rod. It is too powerful a caustic for any one but a physician to handle.

CITRIC ACID—*Acidum Citricum*.

Citric Acid is sold in the stores in small transparent crystals.

It is found in the lime, lemon, cranberry, currant, strawberry, raspberry, and tamarind.

It is not used in medicine, except in the manufacture of various preparations.

In strong solution it will *remove rust stains* from linen, and is sold by some druggists when "*Lemon Salts*" are called for.

When lemons cannot be procured, *artificial lemonade* may be made by acidulating water with it, and adding sugar which has previously been rubbed with lemon peel; or it may be flavored with essence of lemon. One ounce of the acid is sufficient to make three or four gallons of lemonade. But this is inferior to the genuine article.

PRUSSIC ACID—*Acidum Hydrocyanicum Dilutum*.

Prussic Acid is sold in the form of *Dilute Hydrocyanic Acid*, and is an exceedingly *dangerous poison*. The presence of this acid gives the bitter taste to almonds, peach kernels, peach leaves, wild cherry bark, etc.

The dilute acid is scarcely ever given alone.

Added to other medicines it quiets nervous irritability, and is useful in *asthma, whooping-cough*, and other spasmodic affections. It is often prescribed with singular benefit in the *cough of habit*.

A dilution of twenty or thirty drops in one ounce of rose water is sometimes used for nervous headache, and for itching diseases of the skin.

The *dose* of the dilute acid is one or two drops, but it is absolutely unfit for unprofessional hands.

CYANIDE OF POTASH occurs in whitish, broken, heavy lumps; it is used by photographers, and is sometimes placed in bottles with bugs, butterflies, etc., to kill them. It is an exceedingly *deadly poison*.

OIL OF BITTER ALMONDS is a very poisonous substance, and should never be used, except by the druggist in compounding medicines.

ESSENCE OF BITTER ALMONDS is used as a *cooking extract* in the household. It should be procured from the druggist, as that sold by grocers is usually of inferior quality.

TARTARIC ACID—*Acidum Tartaricum*.

This acid is sold in the stores as a white powder. It is soluble in water, and of a very sour taste.

As it is cheaper in price than citric acid, it is more often used in making artificial lemonade. When so employed enough pure lemon must be added to impart a flavor.

Thirty-five grains of tartaric acid and forty grains of bicarbonate of soda, stirred together in a tumbler of water, will exactly neutralize each other, and make quite a pleasant and cooling draught.

TINCTURE OF ACONITE.

Aconitum Napellus, *Monkshood*, or *Wolfsbane*, is indigenous to Europe, but is cultivated in this country. The *tincture* is the only preparation in general use. Tablets and triturates, medicated with aconite, are a part of the supplies of every physician.

Aconite in every form is a *deadly poison*, when used in overdoses. On account of this fact, it should be procured in small quantities, and contained in a vial of different shape and color from other remedies.

It is given in nearly all kinds of diseases where *fever* and *rapid pulse* are symptoms. In recent *colds*, incipient *neuralgia*, and *rheumatism*, it is one of the most reliable remedies we have. In *catarrhal* and throat affections, in fact in all diseases attended with *high pulse*, *dry*, *hot skin*, and *elevated temperature*, aconite is the chief reliance of the medical profession. If carefully used it is well adapted to the treatment of the fevers of childhood.

The *dose* of Tincture of Aconite for an adult is from one to five drops repeated every two or three hours as necessary. It acts best when given in small doses frequently repeated. If sixteen drops are dropped into a bottle, and sixteen teaspoonfuls of water added, each spoonful will contain one drop of the tincture; one teaspoonful of this mixture may be given to an adult every half hour or hour, or ten or fifteen drops of *this mixture* may be given to a child two years of age. Those who are frail or exhausted, bear aconite badly, and it should never be given to such unless prescribed by a physician; and when so prescribed, it should not

be continued after the symptoms for which it was given have subsided.

ALCOHOL.

There are five kinds of alcohol sold in the stores.

ORDINARY, or NINETY-FIVE PER CENT. ALCOHOL.

DEODORIZED ALCOHOL, commonly called COLOGNE SPIRITS.

WOOD ALCOHOL, and DENATURED ALCOHOL. Both poisonous.

DILUTE ALCOHOL, made by adding an equal quantity of water to the Ordinary Alcohol.

The Ordinary is used almost exclusively, but the Deodorized is to be preferred for medicinal and toilet purposes. Alcohol is the active principle in Whiskey, Brandy, Gin, Wine, Beer, Ale, Porter, and Cider. These articles are considered under Alcoholic Stimulants.

Alcohol possesses a wide range of application. As it burns without smoke, it is used by the druggist, and in the family, for heating small quantities. Alcohol lamps or "stoves" of various designs may be procured of the druggist. Alcohol is used to a great extent in the manufacture of medicines and toilet preparations to hold substances in solution and prevent fermentation. As it is a local as well as a systemic stimulant, it is often added, for its own individual effect, in various liniments.

Alcohol is a narcotic irritant and poison, and a cerebral excitant and depressant.

It is an excellent *tooth-wash*, and as a gargle for *sore throat*, whether *common* or *diphtheritic*; for these purposes it should be diluted with four parts of water. *Bed sores* and *sore nipples* are prevented by bathing the parts with it. Mixed with white of egg it forms a good coating for *bed sores*. A person who expects to use crutches, will do well to bathe the armpits with alcohol in advance, as it *hardens the skin*.

Excessive sweating of the hands and feet is prevented by bathing frequently with alcohol. Diluted with one part of water, it is an excellent dressing for *bruises*, *inflamed joints*, and *suppurating wounds*; and as a general *toilet wash* in *exhausted conditions*, its effect is exceedingly grateful.

FLORIDA WATER, BAY RUM, and other toilet washes, owe much of their virtue to the alcohol they contain.

Some one has said that "one application of alcohol, well rubbed in for five minutes, will cure the *itch*." Its external use cannot cause any harm. It is an effectual application to the hair and scalp, to destroy *head lice*.

ALCOHOLIC STIMULANTS.

This group of stimulants comprises those articles which are used in the treatment of disease on account of the alcohol they contain; the chief of which are the following:—

WHISKEY, made from rye, corn or barley, containing	50 to 60	% of alcohol.
BRANDY, " " grapes,	50 to 60	% " "
GIN, made from rye, or barley and juniper,	40 to 50	% " "
RUM, " " sugar or molasses,	40 to 50	% " "
WINE, " " grapes,	8 to 26	% " "
CHAMPAGNE, made from grapes,	10 to 15	% " "
BEER, ALE and PORTER, made from malted		
grain and hops,	2 to 8	% " "
CIDER, made from apples,	to 10	% " "

A discussion of these agents from almost any standpoint would prove interesting. Their use as remedies to palliate and cure disease has formed no small part of the history of medicine.

A little more than two centuries ago, when the treatment of disease was dictated by dogmatic teachers led by superstition and error, there appeared, in the city of Edinburgh, a physician by the name of John Brown, who declared that all disease, no matter of what nature, was the result of debility, and that for this condition there was one sovereign remedy, namely, *alcoholic stimulants*. As this idea was more easily comprehended by the people than those ideas advanced by former teachers, it was readily adopted. Indeed, the universal philosophy of the times seemed to coincide rather than conflict with this theory, and it went like wild-fire over the continent of Europe. John Brown, its originator and champion, was appointed physician to the largest hospital in the world at that time, and we are told that ninety-seven per cent. of the cases of sickness were dosed with alcoholic liquors. It was the *panacea* of almost the entire category of human ailments. The craze was exceedingly popular, and not until it reached Italy did it find any decided opposition. Here, a physician by the name of Risorì, while he accepted much of the philosophy of John Brown, declared that disease was not debility, but that it was due to over-excitation, and that not stimulants, but their opposite, was needed. Then came the age of depressing medicines—the drastic purge, the emetic, the exhaustive bleeding, the heroic sweat, and the persistent starvation. The people were willing victims of this régime for a season, and it spread all over the world. During its reign it was a calamity to be sick. While the carrying out of this idea, which is the most prominent in the history of medicine, was waging a

cruel war with disease, various theories sprung up, among them Homeopathy with its small doses, and the still less pronounced idea of Expectancy, which consisted in simply waiting, or absolute nothingness. But to return to John Brown and his stewardship of the great hospital; history tells us that during his administration the death-rate was larger than that of any other plan of treatment ever adopted for the same class of patients

These methods had a large following, and their influence still lives. Beginning with Dr. Benjamin Rush, more than a century ago, the most advanced portion of the medical profession has been endeavoring to curtail, within legitimate limits, the use of alcoholic liquors in medicine; but it has proved a Herculean task, as the effort has been thwarted by the powerful influence of the drink habit. Beginning with Dr. Graves, of England (whose monument alludes to the fact), the use of depressing agencies has been discouraged; yet, notwithstanding the fact that these so-called remedies are revolting, it has taken a long time to win their followers to a better way.

All of these dogmas or theories—*Stimulation, Depletion, Nothingness*—or medical skepticism—have had their conquests and defeats, and upon the medical faith and practice of the present day still lingers some remnant of these waves of deluding fancy. They may, in some way, have blessed the age in which they thrived, but the most wholesome influence they can exert upon the present or future generation is to be gained by regarding them as specimens of popular delusions and human folly.

But to the subject of stimulants: While their use at the present day is a remnant of past opinions, their influence is so fascinating, that mankind is accustomed to accord to them a range of application far beyond that which they deserve. Unless the vital forces are below the normal, stimulants are never needed, and in all cases of disease the dose should never be large enough to produce the stimulating effect so apparent when given to healthy individuals. A strict adherence to the above rule would confine their use to very narrow limits.

There is a point in regard to the effects of alcoholic liquors which most people overlook, namely: that they act in two ways, as a medicine and as a stimulant. They cease to be a medicine as soon as they begin to act as a stimulant. When the patient feels their intoxicating or stimulating effect, they are acting beyond their legitimate sphere as a medicine, and in such cases invariably do mischief. Like all other medicines they are always harmful when swallowed by a healthy person, and under no circumstances is the prolonged or habitual use of stimulants to be

recommended. Like opium, chloral, and other nervines, *they are entirely unsuited to popular use*. The careless and promiscuous use of liquors in professional and domestic practice, cannot be too strongly condemned.

The physician who, in his lifetime, stood at the head of American medicine, said a few years ago in a public address:* "As physicians, we cannot ignore the fact that it (Alcohol) is the article of the *Materia Medica* direst of all when it escapes the bounds of medical necessity. It is the medicine which is most prone to overleap all barriers, and so often glides into the sphere of lustful appetite, that it numbers its victims by thousands within the pale of inebriety, and by tens of thousands beyond it.

"But when I come to know that the remedy itself is under trial as a remedy at all, that equally efficient substitutes are claimed, that the so-called self-infliction is so infatuating that it proves a swift delusion to many of the wisest and the best, both my profession and my manhood require me to bring it to the most rigid test of necessity."

The conclusions reached by summarizing the transactions of the International Medical Congress, held in Philadelphia in 1876, are tabulated as follows, and they well express the convictions of the leaders in the realm of medicine in this country to-day. Alcohol here refers to alcoholic liquors:—

1. "Alcohol is not shown to have a definite food value by any of the usual methods of chemical analysis or physiological investigation.

2. "Its use as a medicine is chiefly that of a cardiac stimulant, and often admits of substitution.

3. "As a medicine it is not well-fitted for self-prescription by the laity, and the medical profession is not accountable for such administration, or for the enormous evils arising therefrom.

4. "The purity of alcoholic liquors is, in general, not as well assured as that of articles used for medicine should be. The various mixtures when used as medicine should have definite and known composition, and should not be interchanged promiscuously."

The concluding summary of Dr. Richardson's celebrated lectures on alcohol † deals with this subject in the following language:—

"This chemical substance, alcohol, an artificial product devised by man for his purpose, and in many things that lie outside of his

* Dr. Austin Flint. An address before the American Medical Association.

† ON ALCOHOL. Six Cantor Lectures, delivered before the Society of Arts, by Benjamin W. Richardson, M.A., M.D., F.R.S.

organism a useful substance, is neither a food nor a drink suitable for his natural demands. Its application as an agent that shall enter the living organization is properly limited by the learning and skill possessed by the physician—a learning that itself admits of being recast and revised in many important details, and perhaps in principles.”

“If this agent does really for the moment cheer the weary, and impart a flush of transient pleasure to the unwearied who crave for mirth, its influence (doubted even in these modest and moderate degrees), is an infinitesimal advantage by the side of an infinity of evil for which there is no compensation, and no human cure.”

ANTITOXIN.

In 1891 Behring discovered antitoxin and established its preventive and curative powers. Its greatest success has been in the treatment of diphtheria, its value in preventing and curing this disease being recognized all over the world. Antitoxin is an animal product prepared at laboratories fitted up for the purpose. It is supplied in one dose packages of various strengths, ready to use. Its use belongs entirely to the medical profession.

Its value in diphtheria is so recognized that in many localities it is furnished free to the poor at public expense. It is used not only to cure diphtheria but to prevent the disease among children who have been exposed to its contagion. When reliable makes are employed unpleasant effects from its use are extremely few.

Antitoxins are also prepared to prevent or cure tetanus, rabies, spinal-meningitis, tuberculosis, pneumonia, influenza, typhoid fever, erysipelas, bubonic plague, cholera, dysentery, etc. Of these the most used are for tetanus and rabies. As a preventive, anti-typhoid vaccination is proving to be a great success. Its use is being enforced in our army and the results show that typhoid fever can be prevented almost as effectually as small-pox. Perhaps no field of research has done more or promises more than the perfecting of the use of antitoxins in preventing and curing the long list of toxic diseases.

ALOE.

There are three principal varieties of Aloe in the market.

1. *Cape Aloe*; 2. *Socotrine Aloe*; 3. *Barbadoes Aloe*.

The first is used chiefly in veterinary practice, and the other varieties in medicine. Socotrine aloe is the best for medicinal purposes, and should be the purified. Much of that sold in drug stores as such, is only selected specimens of the other kinds.

Aloes is generally in the form of a dark powder, with an extremely bitter taste. Unless a druggist is careful in handling it, the customer at the counter will taste the fine dust that arises from it, while it is being weighed.

Aloes is an exceedingly valuable medicine, when properly used. In small doses it is *tonic*, and improves the *appetite* and *digestion*.

In that *dyspeptic condition*, accompanied with constipation, a torpid liver, coated tongue, dull feeling, headache, foul breath, and melancholy, commonly called the "blues," aloes should always be tried.

There has been much said and written in regard to the effect aloes has in causing and curing *piles*. Years ago it was considered that it caused piles, but now it enjoys quite a reputation as a cure for this disease.

Aloes is very slow in its action, and its force is largely on the lower bowel.

When *piles* are the result of a relaxed condition of these parts, it is but good logic that aloes will prove serviceable.

Simple *jaundice* will generally yield to the use of aloes.

In disorders of the menses, especially *amenorrhœa*, aloes is a popular remedy.

A tea made of aloes is a good injection for *seat worms*.

The following are the principal preparations:—

Pills of Aloes (aloes two grains, soap two grains). Dose, one to five.

Pills of Aloes and Asafœtida (aloes, asafœtida, and soap). Dose, two to five.

Lady Webster Pills (aloes, mastic, and red rose). Dose, one to two.

Pills of Aloes and Myrrh. Dose, five to ten grains.

Tincture of Aloes. Dose, one-half to two teaspoonfuls.

Hicra Picra ("Hickory Pickory," Aloes and Canella). Dose, five to twenty grains.

ALOIN.

This is a principle derived from aloes, and is much used by the medical profession, yet opinions in regard to its virtues are widely apart. I think it will largely supersede the coarser preparations of aloes, as they are so extremely bitter. The *dose* of *Alain* is about one grain, generally given in combinations.

Alain, *belladonna* and *strychnia*, in pill form, form a most excellent combination, and may be procured ready-made into pills at any drug store.

These pills, taken in simply laxative doses, are far superior to

the purging process which has attended the use of patent pills for many years. Purging will always fail to permanently relieve constipation; but mild laxative doses will often overcome the habit.

ALUM—Alumen.

Alum is sold in stores in *Lump*, in *Powder*, and as *Dried Alum*, commonly called *Burnt Alum*.

It is used for various purposes as a medicine, being *astringent*, *emetic*, and, under certain conditions, *laxative*. A teaspoonful of powdered alum, mixed with honey or syrup, repeated every half hour, until vomiting occurs, is a standard treatment for *croup*. It dislodges the false membrane, and seems to prevent its reformation. It is used with success in *lead colic*; indeed, by many it is considered the very best remedy for this disease. "It relieves the pain and nausea, and overcomes the constipation more certainly than any other remedy." It is also used in *chronic diarrhœa*, *hemorrhages*, and in *night sweats*, but not to any extent.

Alum is used in various affections of the mouth, and as a gargle for *sore throat*. *Ulcers of the mouth* are cured by being touched with crystal alum. Burnt alum is a popular remedy for "*proud flesh*."

Alum curd is a splendid application for *inflamed eyes*. It is made by rubbing thirty grains of alum with the white of an egg, or curdling the egg by rubbing it with a lump of alum in a plate.

Alum is put with flour by bakers, to *whiten bread*, but it is an objectionable custom.

Alum dissolved in pure, soft water, is a good wash for *inflamed eyes*; an even teaspoonful to a tumbler of water is sufficiently strong.

As a *gargle*, a half ounce or more may be dissolved in a pint of water, and sweetened with honey. As alum is injurious to the teeth, it should not be used in mouth washes and gargles, unless its use is imperative, and the teeth thoroughly rinsed afterward.

If other remedies are not at hand, a strong solution of alum may be used externally to stop *local hemorrhages from wounds*, or in *nose bleed*, *bleeding of the gums*, or *bleeding piles*.

Alum whey is made by boiling one-fourth ounce of alum in a pint of milk, and straining to separate the curd. *Dose*, two tablespoonfuls. This is an excellent form in which to administer alum.

Bathing in alum-water at bed-time will often stop *night sweats* of *consumptive* patients, and restore the tone of the skin.

AMMONIA.

Ammonia is a gaseous compound of nitrogen and hydrogen (NH_3), and when passed into water it forms the *Aqua Ammonia*, or "*Hartshorn*" of the drug store. It is made of varying strength, and as it is apt to lose the gas by exposure, it may become very weak if kept long.

It is a colorless liquid, very irritating to the nose and lungs, and a *powerful irritant poison* if taken internally in over doses. Death has occurred from inhaling it. Its chief use in medicine is in the compounding of liniments, to which it adds counter-irritant qualities.

AMMONIA LINIMENT, or HARTSHORN LINIMENT, is made by mixing aqua ammonia with cotton-seed oil, and is frequently used as an application for sore throat, pectoral affections, and rheumatism.

Aqua Ammonia, either pure or diluted, is one of the best applications for *mosquito bites* and the *stings of insects*.

When a person feels *faint*, a few drops may be dropped upon a handkerchief and held to the nose; but a bottle of ammonia should never be held to the nose of any one, as death has resulted from the inhalation of this article.

When inhaled as above, or in the form of "*smelling salts*," it will greatly relieve some forms of *headache*. Applied to a "*cold sore*" it will destroy the unhealthy condition and promote a rapid cure.

If those who perspire freely would use a little ammonia in the bathing water every day, it would keep the flesh clean and sweet, doing away with disagreeable odor. A few drops added to the water used in washing the face and hands, not only renders the water soft and more cleansing, but, if sparingly used, the skin is thereby rendered more soft and pliable.

It *softens* water, and is rapidly coming into use as a household article for cleansing purposes.

Grease spots, paint, acid stains, and oil, are removed from fabrics of various sorts by its use.

Brass, silver, nickel, and glass, are polished by rubbing with a cloth saturated with ammonia.

Spots in calico or other cloth, occasioned by an acid, may be restored by touching the spots with ammonia.

AROMATIC SPIRITS OF AMMONIA—Spiritus Ammoniaë Aromaticus.

Aromatic Spirits of Ammonia should not be confounded with "Ammonia," "Aqua Ammonia," or with Spirits of Ammonia.

It is an altogether different preparation, nearly colorless when fresh, but turning darker by age; with an aromatic, ammoniacal smell and taste. It is intended for internal use; the others are not.

It is an excellent *antacid* and *stimulant*, especially adapted to the relief of *sick headache*. When a temporary stimulant is needed to prevent *fainting*, it will be found useful.

Some persons get into the habit of asking druggists to put a dose of Aromatic Spirits of Ammonia into a glass of soda water, when suffering with headache, acidity, and indigestion. I am sure this is a bad practice. The benefit is only temporary. A drink of clear, plain soda water, to which no objection can be raised, will generally answer the purpose fully as well.

In low states of the system, where *heart failure* is threatened, small doses of Aromatic Spirits of Ammonia are to be preferred to whiskey or brandy.

CARBONATE OF AMMONIA.

Carbonate of Ammonia, sometimes called *Lump Ammonia*, occurs in hard, transparent crystals or lumps, smells strongly of ammonia, and has a pungent ammonia taste. When long kept, or when exposed to the air for a short time, it turns white and crumbles into a white powder, in which condition it is worthless. It should be kept in air-tight vessels.

Carbonate of Ammonia is much used by bakers to improve the appearance of bread, but is injurious to its quality. It is sometimes dissolved in water, and the solution used instead of "Aqua Ammonia" to soften water for washing, which, however, is not an economical plan. In medicine it is used as a stimulant in low conditions, and to excite various secretions, especially of the lungs in *pneumonia* and *bronchitis*. It has been used with much success in scarlet fever. As a medicine it belongs entirely to professional practice.

Carbonate of Ammonia is the base of many stimulating "*smelling salts*."

CHLORIDE OF AMMONIA—Ammonii Chloridum—Muriate of Ammonia—Sal Ammoniac.

Purified granular, or powdered Chloride of Ammonia, is much used by physicians as a *resolvent*, or, to use a word better understood, *dissolvent* alterative. It produces a destructive change of unhealthy deposits in the system, and it has a special tendency to affect the mucous membranes; hence it is much used in *cough* medicines, in *chronic bronchitis*, *catarrh*, and in *chronic congestion*, and *torpor of the liver*.

There is a great prevalence of morbid conditions of the throat, bronchial tubes, lungs, viscera, liver, and other organs, which are due, probably, to improper eating, faulty hygiene, and irregular habits. These conditions call for an agent to carry them off by its dissolvent power, and by stimulating the various excretory organs. If Chloride of Ammonia will do this, it fills an important place in the list of drugs.

Chloride of Ammonia is used for its local effect in *catarrh* and *sore throat*. Troches, containing two grains each, can be procured at drug stores.

The *inhaling bottle*, containing a mixture of ammonia, over which is suspended a small vial containing muriatic acid, forms Chloride of Ammonia in the form of white fumes that arise. These fumes are breathed with great benefit in *chronic catarrh*. The apparatus can be procured at any drug store, and it is an effective way of relieving many cases of *nasal catarrh*.

When taken internally, the *dose* is from five to twenty grains, well diluted, three times a day. Chloride of Ammonia often acts like magic in relieving some forms of *neuralgia*, especially of the *face*; for which purpose 160 grains may be dissolved in one ounce of water, and a teaspoonful taken every half hour in half a tumbler of water. Unless relief is afforded after a few doses are taken, the remedy is not appropriate to the case, and should be abandoned. If successful, it should be taken two or three times a day for a week.

It acts on the liver with decided force, and in cases of "*torpid liver*," attended with a catarrhal condition of the bile ducts, and jaundice, bad taste in the mouth, and furred tongue, chloride of ammonia will be found specially useful. For such cases ten grains should be taken three times a day.

In *Chronic bronchial catarrh*, and *chronic bronchitis*, especially when the expectoration is scanty and tough, it will be found very useful. In such cases two to five grains may be taken several times a day.

One or two ounces to the pint of water make a very refrigerating and stimulating lotion to feverish *swellings, sprains, and inflamed joints.*

ALKALINE ANTISEPTIC—Liquor Antisepticus Alkalinus.

Many years ago "*Listerine*" was placed upon the market as an antiseptic dressing, gargle, mouth wash and inhalant. It was followed by other similar preparations and the list is now a long one. Every druggist makes *Alkaline Antiseptic Solution*, containing ten ingredients and is an excellent *mouth wash, gargle and spraying mixture* for the nose and throat. Mixed with peroxide of hydrogen a most efficient combination results. If people would purchase Alkaline Antiseptic Solution by the pint and keep it in the home it would be found useful in many ways, not only as above specified, but as a wash for *itching and irritable skin affections, sunburn, painful feet, for abrasions* of the skin and as a general toilet liquid for the face and hands. It is soothing, neutralizing and healing. It should be labeled by druggists with adequate directions.

ANTIPYRINE.

ANTIFEBRIN.

ACETANILID.

PHENACETIN.

HYPNAL.

EXALGIN.

These substances, the list of which might be extended, I shall not endeavor to describe. They are made from coal-tar, and have drifted into general favor with the profession. These drugs are, no doubt, useful in the hands of careful physicians—we say *careful*, because physicians should not prescribe them indiscriminately. Under certain conditions they have the power to relieve headache and nervous disturbances, and to modify high temperatures and produce sleep. They possess characteristics which render them peculiarly treacherous drugs in the hands of the people; they are "edged tools," and are capable of doing much mischief. In some localities it is becoming somewhat common for people to

purchase these drugs, and take full doses over the drug counter, to relieve nervousness, headache, etc. This practice is open to the strongest condemnation. The question may be asked: Why are they dangerous? Because they are powerful heart depressants, and when a person is very weak, or liable to heart failure, their use is always attended with more or less danger. They have become popular remedies for La Grippe, and as the heart is often greatly depressed in this disease, it can be surmised that the careless use of these agents has increased rather than lessened the death rate in this affection. Their use deserves a degree of popular prejudice. They belong to that class of medicines which simply relieve symptoms, and are in no sense curative, and their use should be limited to professional practice *absolutely*.

ARNICA—Arnica Montana.

Arnica is one of the most popular of household remedies. Arnica flowers come from Europe and Siberia, and are used in the form of *Tincture* or *Infusion*.

At one time Arnica was much used as an *internal* remedy, but I do not remember ever seeing but one prescription containing it, for internal administration. In some sections it is used internally for *rheumatism*, *palsies*, *gout*, and *nervous affections*. Many assert that in *doses* of from five to twenty drops, the Tincture of Arnica is highly beneficial in *internal injuries*, and *bruises from shocks and concussions*.

As an *external* remedy Arnica is much used. Some of the best authorities say that it is of no value whatever; the alcohol in the Tincture, and not the presence of Arnica, doing the good.

Others, however, claim that it is a most potent remedy, that the Alcohol is a detriment, and that an Infusion is preferable. There is some reason for the latter belief, because the Alcoholic Tincture sometimes causes irritation, which is not the case when the watery infusion is used.

Its main use is as an external remedy for all kinds of *injuries*, *bruises*, *wounds*, *inflammations*, and *painful swellings*. The Infusion is generally preferred where the skin is broken, and is made by steeping four ounces of Arnica flowers in a quart or more of boiling water, and straining it after it has become cold. The Tincture may be used either *pure*, or *diluted* with from one to six times its bulk of water. Friction, no doubt, when it is admissible, aids its curative effects.

ARSENIC—Arsenicum.

Arsenic is, in all its forms, a deadly poison.

The preparations mostly used are:—

White Arsenic (Arsenious Acid), dose, one-hundredth to one-fortieth of a grain.

Fowler's Solution of Arsenic (Liquor Potassii Arsenitis), dose, one to three drops, in water.

Paris Green. Arsenic and Copper; used for potato bugs.

London Purple. Arsenic, lime, and aniline; used for potato bugs.

Pure metallic Arsenic is not found in commerce.

Notwithstanding the fact that the preparations of Arsenic are extremely poisonous, and if carelessly used will always prove hurtful; yet when properly administered they are remedies of great value.

Much has been published in regard to "arsenic eating," but we are inclined to believe that such cases are rare indeed. No one should ever think of taking it in full doses at all, or in small doses for any length of time without the knowledge of a physician.

The idea that arsenic will, like lead, mercury, and some other drugs, accumulate in the system, is erroneous. When taken, its presence in the system is very transient, yet, when properly used, it is one of the most powerful and permanent tonics in the entire list of medicines.

It rates with quinine in the chronic forms of *malaria*, and when the malarial poison lingers in the system, as a sequel to chills and fever, or remittent fever, it should always be combined with other antiperiodics in the treatment.

In the early stages of *consumption* there is no medicine more beneficial than arsenic. A reliable author says: "I can confidently assert that thousands of lives would be saved annually if arsenic was properly used in the treatment of pulmonary consumption."

Unlike cod-liver oil, it is not unpleasant to the taste, nor does it nauseate; unlike iron, it does not constipate; but it seems to be especially adapted to those conditions which accompany *lung diseases*.

Its good effect is most apparent in the *chronic* forms of the disease. In the *acute* form, attended with fever, it is injurious.

It is probably the equal of any remedy for *rheumatic gout*, and in *rheumatism*, especially where the pain is deep-seated, it often acts admirably.

In *neuralgia*, *obstinate headaches*, and in those chronic conditions

in which *pain* is a prominent symptom, whether it be *rheumatism*, *neuralgia*, or other *chronic* diseases, it is well worth a trial.

In *Chorea* or *St. Vitus's dance*, it is almost a specific, and no case should be pronounced incurable until the treatment has embraced a course of arsenic.

In the various *chronic skin diseases*, especially those of a *scaly* character, it is of great service.

Persons having *dyspepsia*, *gastric catarrh*, *constipation*, *torpid liver*, and *melancholy*, are often greatly benefited by small doses of arsenic.

Cancerous affections are sometimes made better by its use.

It is not suited to *external* use, and the danger of doing harm outweighs any possible good it may do, as an external application.

In former years a paste, containing arsenic, was applied to *cancers*, to "eat them out;" but it was a hazardous procedure, and under no circumstance justifiable.

Arsenic is a *deadly poison* in overdoses, and when used as a medicine, extreme care should be exercised not to take it in too large doses, or continue its use too long.

When it causes swelling about the eyes, or deranges the system in any way, the dose should be lessened, or stopped altogether. It should always be discontinued for a few days, at least once in two weeks, when taken for a long time. It is less apt to cause disturbance of the stomach if taken immediately after meals.

The use of arsenic requires the greatest care. Physicians always prescribe it from a tentative standpoint, that is, as an experiment. It can never be used otherwise. Some persons are very susceptible to its influence, and *in very small doses*, it produces symptoms of *poisoning*.

Fowler's Solution is the best preparation of Arsenic for medicinal use.

ASAFCETIDA.

Owing to its peculiar odor, this drug is familiar to all. It is a medicine of great utility, and were it not for its unpleasant smell, it would be largely employed.

In *nervous derangements*, attended with *hysteria*, *dyspepsia*, *wind in the bowels*, *low spirits*, "where the body, nerves, and mind seem to aggravate each other," there is no remedy better adapted than Asafœtida.

In *bronchial affections*, *chronic cough*, and *catarrh*, *cough of habit*, especially of old people, it is among the most reliable remedies.

In *menstrual disorders*, attended with *constipation* and *flatulence*, it gives great relief. It is invaluable in the *flatulent colic* of *infancy*, and it will often relieve *infantile convulsions* when injected into the bowel.

The most acceptable form to take it is in *Pills*, procurable at any drug store. Dose, one or two.

Mixture of Asafoetida is well suited for children. Dose, one-half to one teaspoonful.

Dewees's Carminative is a very acceptable preparation, but it contains some opium. Dose, one-half to two teaspoonfuls.

"A little—a very little—rubbed on the gridiron, improves the flavor of beefsteak."

ADRENALIN.

Adrenalin is extracted from the suprarenal gland. It is sold chiefly as *adrenalin chloride solution* 1: 1,000, and possesses remarkable power in *arresting hemorrhage* and contracting swollen and congested membranes. It is used in obstinate *nose-bleed*, *coryza*, *hay fever*, *asthma*, etc.

BALSAM COPAIBA.

Balsam of Copaiba comes chiefly from Brazil, and, as found in the stores, is a clear, pale yellow, oil-like liquid, with a peculiar smell, and, to most persons, a very disagreeable taste.

Balsam Copaiba is occasionally used in *chronic catarrhal* and *bronchial affections*, and in diseases of the *mucous membranes*, especially of the *genito-urinary* organs. It is a remedy of limited value.

Internal piles are often cured by fifteen-drop doses of Balsam of Copaiba, taken on sugar, or in the form of an emulsion.

Chronic bronchitis, and *nasal catarrh*, are alleviated by Copaiba, and as these diseases are very difficult to cure, it may often be used after other remedies have been tried.

BALSAM OF PERU.

This Balsam comes from Central America. It is said that the natives bruise the trees with a club and catch the exudation in old rags; these are boiled in water, and as the balsam rises it is skimmed off and sent to market. It is a dark brownish liquid, about the consistence of molasses, and of a warm, bitter taste.

Like all balsams, it is recommended for *bronchial, catarrhal, and pectoral* troubles. *Dose*, ten to twenty drops on sugar.

It is more used in ointments than in any other way in this country, as an application to *inflammatory and chronic skin diseases*. It is a very effectual application for the *itch*.

BAUME TRANQUILLE.

Baume Tranquille, technically known as *Balsamum Tranquillans*, is a solution of opium, belladonna, conium, hyoscyamus, and stramonium, in olive oil. It also contains a small quantity of the oils of sage, wormwood, lavender, thyme, peppermint, and rose. It is a French preparation, and has been much used in some sections of this country. It forms quite an effectual local application for *neuralgia, rheumatism, and external pains*. A few drops on cotton inserted into the ear, is an excellent remedy for *earache*.

BAUNSCHEIDTISM.

Baunscheidtism, or the *Eranthematic* method of treatment, consists of puncturing the skin with needles, and applying oil to the punctured surface. The instrument employed to puncture the skin consists of "A heavy disk about half an inch in diameter, having inserted into it about twenty-five needles, each about one-half inch in length. To this disk a strong wire spiral spring is attached, and the other extremity of the spring is inserted into an elongated spindle-shaped handle. The spring and the needles are contained in a cylinder, and the handle attached. The open end of the cylinder is placed on the spot to be treated, and the handle is then drawn up, which compresses the spring: now, if suddenly loosed, the recoil of the spring drives the needles into the skin."

If the skin be previously rubbed with chloroform, the process is almost painless.

The punctures are to be rubbed with a weak solution of croton oil, cajuput oil, or *Oil of Baunscheidtismus*,—a preparation sold by those who keep the machines, perhaps composed of olive oil, to which is added some more stimulating oil.

Painful diseases, such as *sciatica, lumbago, and local neuralgias*, are often immediately relieved by this method. As a counter-irritant in chronic affections, it is well worth a trial. There are

only a few manufacturers of these instruments in this country. The instruments and oil are placed before the public as hobbies, and recommended for almost every imaginable disease, which is doing the treatment a gross injustice. They are also sold at an exorbitant price by the manufacturers. Should they ever be placed on the market in a legitimate way, and their use confined to the cases to which they are specially adapted, they will, no doubt, prove a blessing.

BELLADONNA.

Belladonna, or *Deadly Nightshade*, is a well-known plant, and its preparations are much used in medicine. It is, in every form, a *deadly poison*. It owes its virtues to an active principle which it contains, called *Atropine*.

Belladonna ranks next to opium as an anodyne and antispasmodic, and the active principles of the two—*Atropine* and *Morphia*—are often prescribed together; opium produces sleep, belladonna wakefulness; opium constipates, belladonna is laxative; opium contracts the pupil of the eye, belladonna dilates it; when given together as a medicine their good qualities, such as quieting pain, relaxing spasm, relieving asthma, cough, etc., act in harmony, while their objectionable qualities seem to neutralize each other.

As an anodyne to relieve *spasmodic pains*, affections of the urinary apparatus and lower bowel, and to allay *whooping cough* and *neuralgia*, it ranks with the best remedies. It is more used than anything in cases of *wetting the bed* of childhood.

It is a valuable addition to laxative and cathartic pills; it prevents other drugs from griping, and, at the same time, aids their cathartic action.

Belladonna has enjoyed a reputation as being preventive of scarlet fever, but experience has failed to accord to it any such virtues.

Applied to the skin, it acts as a local anodyne, and is constantly employed in liniments, plasters, and ointments, to relieve the pains of rheumatism and neuralgia. *Belladonna porous plasters* are well adapted to the treatment of the *chest pains* incident to lung affections.

The *Tincture* is chiefly used in medicine, *dose* one to five drops.

Belladonna Leaves are often added to *asthma fumigators*, greatly improving their antispasmodic effect.

ATROPIA.

This is the active principle of belladonna, and is a very powerful yet useful medicine.

A solution of Atropia is much employed to dilate the pupil of the eye; when a few drops of a one per cent. solution in water are dropped into the eye, the pupil will dilate in a few minutes.

Atropia is a valuable addition to Morphia when the latter is to be administered hypodermically. It is a very valuable remedy for the *night-sweats* of consumption.

Dose of Sulphate of Atropia, one-hundredth to one-sixtieth of a grain.

BENZOIN.**BENZOIC ACID.**

Benzoin, from which the preparations of benzoin are made, is found in the form of a resin.

Plain *Tincture of Benzoin* is not much used in medicine. It is added to ointments to prevent rancidity.

Diluted with twenty parts of water, it forms an excellent wash for *foul ulcers, skin eruptions, and freckles*. Benzoin enters into the composition of many toilet preparations for the skin.

BENZOIC ACID occurs in soft, white, feathery crystals. It has been highly prized, first, for *catarrhal affections*, but more recently for *urinary disorders*.

Benzoic Acid or its salts, especially *Benzoate of Ammonia*, furnishes the best mode of rendering the urine acid. Benzoic acid is an ingredient of paregoric.

Stone in the bladder, when of the phosphatic variety, is said to be dissolved by the long continued use of benzoate of ammonia.

Dose of Benzoic Acid, five to twenty grains. *Dose* of Benzoate of Ammonia, five to twenty grains.

TURLINGTON'S BALSAM—Compound Tincture of Benzoin.

This preparation, also known as *Friar's Balsam*, contains, besides Benzoin, Aloes, Styrax, Tolu, and Alcohol. It is much used as a domestic remedy.

It is especially useful in *chronic bronchial* and *catarrhal coughs*, and in *urinary affections*. *Dose*, thirty drops to a teaspoonful.

Locally, it will be found useful for *cracked nipples, sore lips*, and

indolent ulcers, for which purposes it should be added to four times as much glycerine.

BISMUTH.

There are two preparations of this drug sold:—

SUBNITRATE OF BISMUTH, AND SUBCARBONATE OF BISMUTH.

They both occur in the form of a white powder, and are very similar in their action; the subnitrate is most commonly used.

These preparations are often prescribed, and are very useful in the treatment of *chronic diarrhœa* and the *summer complaints* of children, more especially after the acute symptoms have subsided. And in the *nausea, vomiting*, and *pain*, resulting from *dyspepsia, ulcer, cancer*, or *irritation of the stomach*, it is very palliative. In such cases the *dose* is from five to fifteen grains, to be taken when the stomach is empty.

The usual *dose* of either is the same—three to ten grains stirred in milk; *dose* for children from one to three grains.

Externally it is used in ointments and powders, to be applied for various *skin diseases*. *Canker* in the mouth can be cured by freely applying the powder to the parts.

Bismuth is a very harmless *cosmetic powder*.

BITTERSWEET.

Bittersweet, also called *Dulcamara* or *Woody Nightshade*, is often used in domestic practice for almost all kinds of disease, both internal and external.

This is, no doubt, largely due to the taking name which it bears. Its real virtue is far from definite.

It is used in *cutaneous affections*; *rheumatism*; *catarrhal, kidney*, and *liver trouble*; and as a *blood purifier*.

The *Fluid Extract* is the best preparation. *Dose, one-half teaspoonful.*

BLACK COHOSH—*Cimicifuga*.

Black Cohosh, or *Black Snake Root*, is a very common plant, and the root can be procured at any drug store; but the *Fluid Extract* is the preferable preparation of the drug, as the root will deteriorate if kept any length of time.

This drug is highly prized in Europe as a remedy for *rheumatism, neuralgia, asthma, whooping-cough, and nervous affections*, but is seldom employed in this country.

In the *St. Vitus's dance*, of childhood, *cimicifuga* has been used with marked success. It must be freely given for this purpose; and tonics, especially iron, should be used at the same time.

It is generally one of the ingredients of those household recipes which are used as domestic "cure-alls," and it is supposed to increase the action of the various emunctories of the body.

Dose of the fluid extract, one-half to one teaspoonful.

In the form of *Tincture*, it is used as an external application in *lumbago, rheumatism, and neuralgia*, but no doubt its virtues have been over-estimated.

BLACK HAW—*Viburnum Prunifolium*.

CRAMP BARK—*Viburnum Opulus*.

There are two varieties of *Viburnum*—*Viburnum Prunifolium*, or Black Haw, and *Viburnum Opulus*, or *Cramp Bark*, *High Cranberry*, etc.—both being common in the United States.

The bark is the part used. It is said to be a nerve tonic, antispasmodic and astringent.

Its use has been confined largely to domestic practice, but during the past few years the profession have prescribed it to some extent as a remedy to correct irregularities during gestation; its virtue is, however, largely suppositional.

Fluid extract, dose, one-half to one teaspoonful.

BLISTERS.

Blistering the skin is the most decided mode of counter-irritation. *Cantharides*, commonly known as Spanish flies, or "fly blister," is by far the best and safest vesicant.

For blistering purposes, *cantharidal cerate* or *Spanish fly ointment* should be evenly spread on a piece of adhesive plaster, with enough clean, free margin to hold it on when applied; or what is better, blistering plasters can be bought, spread ready for use. If a blister is ordered by the physician, do not think of purchasing the ointment and spreading it at home; have it spread by the druggist, who alone understands how to do it.

As a rule it requires from four to twelve hours for a blister to draw. When applied to the scalp, it requires about twelve hours. Ordinarily from four to six hours are sufficient, and it should be carefully and entirely removed, and a flaxseed or bread and milk poultice applied, which will hasten the completion of the blistering process. Unless there are special reasons for doing otherwise, blisters should be allowed to heal. After the contents are discharged by puncturing the most dependent point, the best dressing consists of binding common raw cotton over the surface; care being taken not to remove the skin. If it is desired to continue the irritation, the cuticle should be removed and basilicon ointment applied. Sometimes other and more irritating substances are used. Occasionally a large blister will cause strangury (suppression of the urine), to prevent which the *camphorated cantharidal plaster* only, should be used. This article is for sale in every drug store. Should strangury occur, flaxseed tea, sweet spirits of nitre, and paregoric, are appropriate remedies. Extreme caution should be used in blistering children; it is almost prohibited for children; and the weak, debilitated and aged, bear them poorly.

Blisters may be cut in any shape; in long strips for the back, crescent shaped for behind the ear, etc.

Cantharidal Collodion is ordinary collodion, containing cantharides, and may be used for blistering purposes. It is especially useful when the patient is delirious, or for children, who are apt to meddle with the plaster. Two or three coats, applied with a camel's hair brush, are sufficient. The blistering process is greatly favored by the application of a poultice, and by freely drinking warm liquids.

BLOOD-LETTING.

Blood-letting, at one time universally practiced, has become almost a lost art. There are times when the treatment of disease would be greatly facilitated by lessening the quantity of blood in the body, but fashion has proscribed it, and general blood-letting is a thing of the past. Local blood-letting by the aid of leeches and cups is occasionally practiced.

LEECHES are to be preferred when the parts are very sensitive, and in some instances, where the parts are irregular, leeches only, can be used. One objection to the use of leeches is, that it is often impossible to get them when most needed.

American leeches (except for children), are not large enough to make much impression. Imported leeches are therefore in general use. To apply them, wash the parts perfectly clean, place the leeches in a tumbler or box, and invert over the spot; should they fail to take hold, a drop of blood or sweetened milk will induce them to fasten themselves. Each leech will draw from one to two teaspoonfuls of blood; the after bleeding, however, greatly increases this amount. Touching a leech with salt will cause it to disgorge. It should not be forgotten that a leech bite remains as a permanent scar, and as a rule should not be permitted on the face.

Cupping consists of exhausting the air of a cupping glass or other hollow glass cup while inverted over the spot to be acted upon. When the skin is allowed to remain intact, the process is known as *dry cupping*; when the skin is divided so as to permit a flow of blood into the glass, it is known as *wet cupping*.

Leeching and cupping were formerly part of the craft of the barber, but he has abandoned the practice in this country, and, for some reason, blood-letting in all its forms is almost obsolete. There is enough value in it, however, to entitle it to a permanent place in the domain of practical medicine.

BLOODROOT—*Sanguinaria*.

Bloodroot, sometimes called *Red Root*, grows in all parts of the United States. The root is the part used in medicine.

As powdered Bloodroot will cause violent sneezing, when snuffed up the nostrils, it is used in catarrh snuff, but it is a questionable remedy for this purpose.

Small doses taken internally are of great service in *chronic nasal* and *bronchial catarrh*, and may be used to advantage in *catarrhal conditions* of the whole *alimentary canal*, and also of the *urinary organs*.

It has been used as an *emetic* in croup, but is too harsh for this purpose.

The *infusion* of one-half ounce to one pint of hot water is useful as a gargle in *sore throat*, and as a wash for *foul ulcers*.

The *dose* of the *Tincture* is from five drops to one-half teaspoonful.

BONESET—Eupatorium Perfoliatum.

Boneset, also known as *Thoroughwort*, is an indigenous plant, growing in most parts of the United States.

The leaves and tops are the parts used. It is a domestic remedy of much value.

The *Herb* and *Fluid Extract* are sold in the stores, the *dose* of the latter being one-half to one teaspoonful.

Boneset is tonic, diaphoretic, aperient, and, in large doses, emetic.

It is much used to "*break up colds*," for which purpose warm boneset tea is freely drank, preferably at bedtime. Taken in this way, it produces free perspiration.

It will also greatly modify various complaints marked by *pains, high fever, and restlessness*, such as *acute rheumatism, catarrh, intermittent fever*, etc.

As a *general tonic*, taken in small doses, it will be found useful. For this purpose it should be given in cold infusion; one ounce of the fluid extract to one pint of water. *Dose*, one or two teaspoonfuls.

BORAX—Borate of Sodium.**BORACIC ACID—Acidum Boracicum.**

BORAX is sold in whitish lumps and in white powder. Contrary to the opinions of some, these are exactly alike in composition.

Borax is seldom taken internally, and no definite medical properties have been assigned to it as an internal remedy. It is an excellent application for *sore mouth*. It may be applied in substance, or for infants it may be dissolved in water and sweetened with honey. A small lump held in the mouth and sucked, has a tendency to increase the secretions of the nose and throat, and will be found useful in catarrhal conditions accompanied by the formation of dry crusts in these localities.

Borax is mildly antiseptic and disinfectant. Added to water it renders it soft and detergent, highly useful as a wash to the skin. It has a tendency to *whiten the skin* and *remove freckles*. Borax water is a safe and cleansing *wash for the scalp*, but rinsing with pure water should follow its use.

Persons troubled with *fetid feet* and other *offensive perspirations* will find borax an excellent addition to the bathing water.

Itchings of the skin, especially of the genitals, are often relieved by washing with a solution of borax. A little added to water improves it very much as a wash for the hands.

Powdered Borax is one of the best *exterminators* we have for *cockroaches* and *ants*. It should be freely sprinkled around the localities which they frequent.

Borax should be purchased from the druggist by the pound, in powder form, and kept in a tin box with a perforated lid.

Boric Acid is antiseptic and disinfectant and is deservedly popular as an addition to talcum and dusting powders and dressings, and dissolved in water is excellent for *offensive, irritated and itching surfaces*. Dissolved in rose water, 10 to 20 grains to the ounce, it forms an excellent *eye wash*, causing no pain. Its solution is useful for *burns, scalds and erysipelas*, for the removal of *freckles and fetid perspirations*. It is useful as an ingredient of nasal washes and gargles. Boric acid is irritating to the skin of some people.

Boric Acid Ointment is a desirable application for *sunburn and chapped surfaces*.

BRITISH OIL.

This preparation, formerly imported, but now made in any laboratory, is an excellent remedy, applied externally, for *sprains, bruises, cuts, sore throat, painful chest, rheumatism*, and as a *general liniment*.

Internally, it is useful in *colds and lung affections*.

It may be given in *doses* of ten drops to one-half teaspoonful, preferably on sugar, from a spoon.

It is an excellent remedy, and well-suited for domestic purposes.

BROMIDE OF SODA. BROMIDE OF POTASH. BROMIDE OF AMMONIA. BROMIDE OF LITHIA.

The BROMIDES, of which the above named are the leading preparations, are used very largely by the profession.

The Bromide of Potash is used to quiet *cerebral or nervous excitement*, hence is used in *nervousness, hysteria, epileptic fits*, and in *convulsions* of every sort. By its specific action on the brain

circulation it is one of our best remedies for *sleeplessness*, whether from mental overwork, worry, or excitement.

The dose of any of these drugs is from five to twenty grains in water.

The *Elixir* of Bromide of Potash is the best preparation for general use. It contains ten grains to the teaspoonful, and the *dose* is one or two teaspoonfuls, repeated as necessary. It is often prescribed in much larger doses than this. All druggists keep it ready prepared. It should be remembered that these are not desirable medicines to use regularly for a long time, unless so ordered by a physician, as they are apt to derange the digestion.

The Bromides, especially the Bromide of Ammonia, have been used as "*anti-fat*" remedies, but no doubt their virtue in this direction is due to the fact that they interfere with the digestion. If this be true, it is a very questionable experiment to use them.

Bromides should not be used in anæmic and impoverished or enfeebled conditions of the system.

A number of effervescent combinations with Bromides have been placed on the market, and commend themselves to special cases. They are superior preparations.

The Bromides are not suited for popular use, and it is well to confine their use to the domain of professional medicine. They belong to that class of medicines which are temporary in effect, in no direct sense curative, and not suited to conditions which have become established.

The much advertised "cures for fits," and "asthma cures," contain, as a rule, some one of the Bromides, and should be avoided.

Effervescent Bromo-Caffeine, *Bromo-Soda*, etc., are very elegant, but high-priced preparations.

In *nervousness*, *headache*, and *sleeplessness*, especially in *debilitated* and *exhausted* conditions of the mind and body, they are preferable to the plain drug.

When headache and nervousness is due to constipation the bromides should not be used—a seidlitz powder or other laxative will prove more efficacious.

BRYONIA—*Bryonia Alba*.

Bryonia, or *Bryony*, is a European plant, the *Tincture* of which is found in the stores. It is largely used by homeopathic physicians for a number of diseases; especially in those conditions

where exercise or motion causes pain, and rest or inactivity give relief. *Bad colds*, characterized by a dry, tight *cough* and *headache*, attended with *torpid liver* and *constipation*, are relieved by ten-drop doses of tincture of *Bryonia* every two or three hours.

Dose of the tincture from five drops to one teaspoonful.

BUCHU.

Buchu is generally sold either in the *leaf* or in the form of *Fluid Extract*. There are two varieties, the *short* and *long leaf*; the former is the kind generally employed.

Buchu is slightly tonic, and has a decidedly stimulating effect on the mucous membranes, with a special tendency to the *mucous membranes of the bladder*, and *genito-urinary organs*. It is used with much advantage in almost all diseases of the *bladder* and the *urinary organs*. Where the urine is high-colored, it should be given with some alkaline salt, and probably with sweet spirits of nitre; as Buchu alone, does not materially increase the flow of urine.

In *inflammation of the bladder*, sub-acute or chronic, or of any portion of the urinary tract, or of irritation of the same, it is among the best of remedies.

Dose of Fluid Extract, ten drops to one teaspoonful, well-diluted, three or four times a day.

Infusion (one ounce to one pint boiling water), *dose* three to four tablespoonfuls.

BUCKTHORN—Frangula.

Buckthorn belongs to the same class as *Cascara Sagrada*, and is quite similar in its medicinal effects.

The *Fluid Extract* is found in the stores, but Buckthorn is generally used in the form of a *syrup*, which has been placed on the market in various forms as a rival of *Cascara Cordial*.

The *dose* of the *Fluid Extract* is one-half to one teaspoonful.

I know of no virtues which entitle it to general use.

Syrup of Buckthorn is used as a cathartic to purge dogs, but I have failed to find any mention of why it should be preferred to other cathartic drugs for these animals.

BURDOCK—Lappa Minor.

Burdock Root, and sometimes *Burdock Seeds*, are used in medicine.

Burdock is supposed to *purify the blood*, and has been much used in domestic practice to restore a healthy condition of the body when weakened by rheumatism, scrofula, and other chronic affections. It promotes the action of the skin, kidneys, and bowels.

Dose of the *Fluid Extract*, one teaspoonful.

CADMIUM.

Cadmium as a medicine is not so powerful as zinc, but otherwise very closely resembles it in its action.

Sulphate of Cadmium, dissolved in rose water, two grains to the ounce, is a well recommended *eye-water*.

The same is an excellent application to *ulceration* of the ears; the ear should be first washed out with warm water and the above applied with a syringe.

Iodide of Cadmium ointment, made by adding one part to eight of lard, is used to reduce *chronic enlargements* and *scrofulous glandular swellings*.

CAFFEINE.

Caffeine is found in the stores as *Citrate of Caffeine*, *Granular Effervescent Citrate of Caffeine*, *Bromo-Caffeine*, and *Bromide Caffeine*. The last two are effervescent, granular salts, much more eligible for general use than the Citrate.

Caffeine is a principle found in coffee, tea, and guarana. Most of that made at the present day is prepared from tea.

It is prescribed by physicians, and is used largely for *nervous headache*.

It is well adapted to those cases not complicated with constipation.

As these preparations are somewhat astringent, laxatives should be used when required to overcome their influence in this respect.

While it sometimes relieves headache very quickly, it more often fails.

It is simply a cerebral and cardiac stimulant, and its effect is only temporary.

It is poor policy to depend upon transient stimulation—no matter what the nature of the stimulant may be—to relieve our manifold pains and indispositions.

CALAMUS.

Calamus, or *Sweet Flag*, grows in abundance in low, marshy places, and the root, nicely pared, may be found in any drug store. It is much used to "*sweeten the breath*," and to correct minor derangements of the *digestion*.

SULPHIDE OF CALCIUM—Calx Sulphurata.

Sulphurated Lime, or as it is universally but incorrectly called, "Sulphide of Calcium," is seldom used in medicine.

Its most important use is as a remedy for *boils*, over which it has the reputation of exercising a marked control.

In every drug store may be found sugar-coated or gelatine-coated pills, containing from one-tenth to one-half grain of sulphide of calcium. One of the former size may be taken every four hours, or of the latter, one three times a day, or two grains may be rubbed up with twenty grains of sugar of milk, and divided into twenty powders, and one taken every two hours.

Sulphide of Calcium is a very reliable *depilatory*, and is alluded to in the Chapter on the Hair.

GUM CAMPHOR—Camphora.

SPIRITS OF CAMPHOR—Spiritus Camphoræ.

CAMPBOR WATER—Aqua Camphoræ.

Camphor Gum comes from Asia. It is brought to this country in the crude state, containing much wood, bark, and other substances, and it is purified and run into large cakes, and these, broken in pieces, form the gum-camphor of the drug stores.

It is sold also in the form of *Camphor Water* and *Spirits of Camphor*. It is an ingredient of paregoric and other recognized preparations.

Camphor is a quieting medicine to the *nerves*, being used to control a number of important morbid conditions.

It is used in *cholera*, *diarrhœa*, *dysentery*, *vomiting*, *pain in the stomach*, *nervousness*, *nervous headache*, and *nervous pains* generally; and in *fevers* of various kinds, and *irritable conditions* of the *urinary organs*. It is also a *preventive of strangury*. As a remedy in nervous uterine troubles, attended with pain and hysterical symptoms, camphor is excellent.

Locally, it is used for *toothache*, *neuralgia*, *headache*, and wherever a *local anodyne* is required.

Camphor water is a good remedy for *colic*, and *restlessness* in babies. The dose for an infant is one teaspoonful.

The adult dose of *spirits of camphor* is from ten to twenty drops on sugar, stirred into water. Some people prefer whiskey or brandy as a solvent for camphor. Aside from the flavor of these articles, dilute deodorized alcohol would answer equally well.

Gum camphor is much used as an insecticide. It is very effectual in keeping out moth, and if placed among silverware and cutlery, will prevent them from tarnishing.

In using it about the face, care should be taken, not to get it in the eyes.

Equal parts of spirits of camphor and laudanum form a strongly anodyne liniment for *painful* and *swollen joints*.

It enters into several official ointments and liniments; it is also an ingredient of most secret liniments and embrocations.

CAMPHOR-CHLORAL.

Camphor-Chloral or *Chloral-Camphor* is made by triturating together equal parts of gum camphor and chloral hydrate, until they are liquefied.

This liquid is an excellent remedy for superficial *neuralgia* and *toothache*.

It occasions tingling of the skin, but never blisters.

It should be labeled "*poison*," as it is entirely unsuited for internal use.

MONOBROMATE OF CAMPHOR.

The bromides are quieting to the nerves and so is camphor; so that the very name of Monobromate of Camphor suggests a remedy for nervous affections.

It is used in *hysteria*, *nervousness*, *St. Vitus's dance*, *epilepsy*,

whooping cough, and other nervous disorders, but is unsuited for popular use.

Dose, three to five grains in pill or emulsion.

CARBOLIC ACID—*Acidum Carbolicum*.

Carbolic or *Phenic Acid*, a product from coal tar, is found in the stores in crystal form, and in solution made by dissolving the solid acid with the aid of heat, and adding about five per cent. of water or glycerine to keep it liquefied.

Carbolic acid arrests putrefaction, and has been much used as a *deodorizer* and *disinfectant*. There is a *crude carbolic acid* and a *carbolic powder* sold for disinfecting purposes. While their odor is more offensive than the pure acid, they are well suited for *drains*, *privies*, *henneries*, and *barnyards*.

Carbolic acid has been much used in what is known as "*anti-septic surgery*," but more active agents have largely superseded its use.

A teaspoonful in a pint of water may be used as a gargle in *putrid sore throat*, and as a wash for *foul* and *indolent ulcers*. Physicians sometimes carefully brush the throat with a mixture composed of one part of the acid and six parts glycerine.

Ten drops of the acid to an ounce of sweet oil is one of the best remedies for a *burn* or *scald*. Carbolic acid is somewhat anodyne, and, mixed as above, it relieves the pain entirely.

Thirty grains of the acid to one ounce of Benzoated Lard makes an excellent application to *itching* and *irritated surfaces*; or what is still better, the well-known carbolated Vaseline, or Cosmoline, may be used for such purposes.

Carbolic acid, properly diluted with water, has been used with success as a spray for the throat.

Various inhaling apparatus may be found at the drug stores for breathing it. Creasote is preferred for this purpose by most persons.

Carbolic acid has not maintained its former reputation as a disinfectant and deodorizer, and while this department of medical science is receiving great attention, this drug seems to play a very indefinite part in the practical application of chemical agents.

One-drop doses of Carbolic Acid, given in emulsion, will often relieve *nervous vomiting*, but it is rarely taken internally.

I have found pure carbolic acid, when carefully and somewhat sparingly applied to chilblains, to afford relief.

CARDAMOM SEEDS.

Cardamom seeds, as found in the stores, are in yellowish white pods or capsules. The seeds are of a reddish-brown color, of an agreeable odor, and of a pungent, aromatic taste.

On account of their aromatic taste and odor, they are often chewed by smokers and others, to *sweeten the breath*.

Preparations of cardamom are seldom used alone, but are much prescribed as an auxiliary to tonic, carminative, and cathartic medicines.

Compound Tincture of Cardamom contains caraway, cinnamon, and cochineal, and except in connection with other agents, as their corrective or adjuvant, hardly deserves mentioning.

CASCARA SAGRADA—Rhamnus Purshiana.

Cascara Sagrada, or *California Buckthorn*, has become a universal favorite both in professional and domestic practice as a remedy for *chronic constipation*. It is not recommended in large, cathartic doses, but in small doses, as a laxative, it ranks among the best of all medicines. It is claimed that there is no reaction following its use. In other words, different from most laxatives, it leaves the bowels better off than it finds them.

A large variety of preparations of cascara flood the market, and a number of the leading brands are most excellent. In most of them the bitter taste is eliminated. There are two *Fluid Extracts of Cascara*, the *bitter* and the *aromatic*. Dose of either ten drops to half teaspoonful.

Cascara Cordial or *Elixir of Cascara* are popular preparations well suited for general use and are well adapted for children. Dose, one to two teaspoonfuls.

Extract of Cascara in three and five grain compressed chocolate-coated pills are deservedly popular and can be purchased in any quantity. I have sold thousands of them and they give excellent satisfaction. Dose, one pill night and morning as required.

The important thing to remember is that the chief use of *cascara* is to overcome *chronic* and *habitual constipation*, and its best results follow when taken in small doses continued as necessary. It is often combined with other remedies to secure its laxative effects.

CATECHU—Catechu.

LOGWOOD—Hæmatoxylon.

RHATANY—Krameria.

OAK BARK—Quercus.

KINO—Kino.

These substances are all similar in their effect upon the system, their value depending largely upon the tannin they contain.

Catechu and *Kino* are more used than the others—principally in the form of *tincture*—combined generally with chalk and other correctives, for *diarrhæa*, *dysentery*, etc.

Dose of any of the above in the form of *tincture* is from one-half to one teaspoonful.

Equal parts of *tincture* of catechu and paregoric in teaspoonful doses, repeated to meet the exigencies of the case, form an excellent remedy for troublesome *diarrhæa*.

Logwood tea may be made by steeping an ounce of it and a drachm of cinnamon in one pint of water for ten minutes.

Dose in *diarrhæa* one or two tablespoonfuls.

CAYENNE PEPPER—Capsicum.

Cayenne or *Red Pepper* is a very valuable household remedy. Its use as a condiment is familiar to all. Much of that sold in the stores is more or less adulterated. It has been much used for the *dyspepsia* resulting from intemperance; and as a tonic for the *debility* of old people, red pepper tea, taken warm and weak, often proves extremely valuable. The *craving* for strong drink is said to be modified by red pepper tea. There are some persons who are *naturally* dyspeptic; they are rather weak in muscle; the skin is rough, cold and dry; the food fails to excite the secretions of the stomach, and the digestive process is languid and imperfect and attended with flatulence; such cases are benefited by the moderate use of capsicum.

Hot pepper tea will be found an excellent remedy for *flatulent colic*. It is often used as a gargle in *sore throat*, *tonsilitis*, *hoarseness*, and *elongated uvula*; for such purposes the tea should be made quite strong.

TINCTURE OF CAPSICUM is the only liquid preparation of cayenne sold in the stores.

Dose five to twenty drops in water.

It is recommended as an application to chilblains, but should not be used if the skin is broken.

CAPSICUM POROUS PLASTERS are a staple counter-irritant, highly useful for *rheumatism*, *neuralgic* pains and *headache*; for the last-named disorder they should be applied to the nape of the neck.

OXALATE OF CERIUM.

Oxalate of Cerium, a white powder, insoluble in water, is much prescribed as a remedy for *vomiting*, especially when associated with *pregnancy* or uterine disorders.

The *dose* is one to three grains in pill form, or stirred up in water, three or four times a day.

ROMAN CHAMOMILE—Anthemis.

No better stomachic tonic can be found than *Chamomile Flowers*. There are two kinds of chamomile flowers found in the stores, the *Roman*, which are white, and the *German*, which are yellowish-brown. The Roman are almost universally used, but the German are preferred by many.

The *infusion* made by adding one pint of cold water to one-half ounce of the flowers, may be taken in doses of one to four table-spoonfuls before meals. This infusion or "tea" is an excellent tonic during *convalescence*, and in the *debility* and *loss of appetite* of the delicate and aged.

A tepid infusion of chamomile, freely drank, is an excellent auxiliary to emetics.

The "*Chamomilla*" of the homeopaths is made from German chamomile, and is given for various kinds of *nervous pains* aggravated at night; and for *teething*, *colic*, etc., in children.

As chamomile is a tonic to the stomach, and has the power of improving the appetite and digestion, and at the same time is a harmless nervine, tending to quiet the nerves and promote sleep, it might be made to fill a very important place in medical practice. Dollars are often spent for secret nostrums, when much less money, expended for chamomile flowers, would prove far more beneficial, and in no case harmful.

CHARCOAL—Carbo Ligni.

Charcoal for medicinal purposes should be made from soft wood, either willow or poplar, and kept in glass bottles.

Common charcoal, made from pine, is manufactured on a large scale in New Jersey, Delaware, and Maryland, and forms an important item of commerce.

Were it not for its color and disfiguring qualities, it would be much more used than it is, it being one of the best absorbents we have.

When applied to *foul* and *offensive ulcers* in the form of dry powder, sprinkled on, or in poultice, it will often greatly improve their condition.

Charcoal will absorb twenty-five times its bulk of gas, and soon becomes contaminated.

Internally, it is used to correct acidity of the stomach, and it may be found useful in some forms of *dyspepsia* and bowel troubles.

It may be mixed with magnesia, when the latter drug is indicated, but the best form in which to take it is in *compressed lozenges* or *tablets*, for sale in every drug store.

A good substitute for charcoal may be made by reducing thin slices of bread to a char by heat, or whole wheat may be treated in the same way.

The *dose* of charcoal is one or two teaspoonfuls, or less. Large doses should not be continued for any length of time, as its bulk might obstruct the bowels.

Charcoal, on account of its cleansing qualities, is a valuable addition to *tooth powders*.

CHESTNUT LEAVES—Castanea Vesca.

The leaves of the common Chestnut tree have been much used of late years as a remedy for *whooping cough*.

The *Fluid Extract* may be found in most any drug store; *dose*, one-half to one teaspoonful.

It is of doubtful value, but it may be of some service when combined with more active remedies.

CHIRATA.

Chirata is native to India. Although but little used in this country, it is highly prized in many parts of the world as a *bitter tonic*. It is very similar to gentian in its effects, and is supposed to exert especial influence on the *liver*, increasing the flow of bile and correcting irregular action. Aside from increasing the appetite and promoting the digestion, I doubt if it possesses any notable qualities. It is given in some countries with asserted benefit, for malarial affections. It contains no tannin and may be given with Iron. The most desirable preparation is the *Fluid Extract*. *Dose*, ten to twenty drops.

HYDRATE OF CHLORAL—Chloral Hydrate.

Chloral is prepared by the action of chlorine gas on alcohol.

It is generally found in clear crystals, with a peculiar, pungent taste and smell, but is sometimes in irregular masses, covered with white powder. The clear crystal is more generally used.

In moderate doses it is a valuable hypnotic. It produces a quiet, refreshing, almost natural sleep, and no unpleasant feelings follow, as a general rule. It is given in *sleeplessness*, *nervousness*, *hysteria*, *whooping-cough*, and in the whole range of diseases where a medicine is needed to produce tranquillity and sleep.

Unlike many remedies of this kind, *it does not relieve pain*, and should never be given when there is no other indication for its use.

Two drachms in a pint of water make a good *lotion* for *indolent* and *fetid sores* and *ulcers*.

The *dose* internally is from five to twenty grains in solution.

The *Elixir of Chloral* contains five grains to the teaspoonful, and is, for many reasons, the best preparation.

The question arises: Should Chloral be used except when prescribed by a physician?

An abundance of experience with this drug has convinced the writer that it is a dangerous article, and my answer is: No.

Chloral is one of those remedies, which, when used at the right time, is a great blessing, but when used without reference to individual necessity, is capable of doing much mischief. It is a poison in over-doses, and kills quickly.

Prescriptions, containing Chloral, should not be continued for a longer time than the physician directs, because the "*Chloral*

Habit" is easily formed in some individuals. As those persons for whom it is usually prescribed, are those who most easily become a prey to its use, physicians and druggists should be careful in dispensing it. Their knowledge of the above facts carries with it plain and important duties. Those who become slaves to it, cannot sleep without it. Melancholy, loss of strength, coupled with loss of appetite, and mental and moral degeneration, are natural results of its continued use. There is a species of incurable insanity brought on occasionally by the continued use of chloral.

It does not relieve pain, it possesses no curative powers, and is an irritant to the stomach. Its real merit is circumscribed, and its use should be limited to the judgment of the medical practitioner.

As above stated, when it destroys life, it does so quickly, and there are good reasons for believing that hundreds of persons—especially young children and those with weak hearts and frail bodies—have been killed by the use of chloral when all suspicion of the treacherous drug escaped attention.

CHLORODYNE.

Chlorodyne, a patent preparation, originally prepared by Dr. J. C. Browne, is a dark-colored, thick, dirty-looking liquid, contained in a bottle holding less than an ounce, and retailing for fifty cents, and has had a wonderful sale. The dose is five to fifteen or twenty drops. It is composed of chloroform, ether, alcohol, molasses, extract of licorice, muriate of morphia, oil of peppermint, syrup, and dilute hydrocyanic acid. It was originally used in cholera, but it and its imitations have come into general use as anodyne and pain-relieving mixtures in cases of *colic*, *diarrhœa* and *painful affections* generally.

Chlor-anodyne and chlorodynes sold in bulk are imitations of the original, and are to be preferred, while the corner druggist no doubt can supply a mixture of his own as thoroughly efficacious as any to be procured.

CHLOROFORM. ETHER.

Chloroform and ether, though entirely different elements, are so closely associated in medical practice, that they may well be classed together.

Chloroform is made by the action of chlorine on alcohol, and is a heavy, clear liquid, very volatile, and of a sweetish, aromatic taste.

Ether is made by the action of sulphuric acid on alcohol, and is a clear liquid, with a strong, fragrant odor, and hot, pungent taste.

Chloroform is much *heavier*, and ether much *lighter* than water.

Chloroform and ether are much used to produce anæsthesia, or insensibility, during surgical and other operations.

While chloroform is much more rapid in its action than ether, as it contains no oxygen, it is not so safe.

It is well adapted for children, and for use during childbirth. When chloroform is used to "put a person to sleep," fresh air should be allowed to enter the lungs, and great care taken, not to continue it longer than to produce the requisite insensibility.

Ether is less rapid, yet far safer, and should always be preferred, except in the cases referred to.

While no one but a physician should think of administering chloroform or ether, there are certain considerations, connected with the performance, with which the people should be familiar.

If a person has heart disease, or is given to fainting, or has difficulty in breathing, the physician should be so informed.

The diet for a day before the administration of chloroform should be light, and for several hours no solid food should be taken. If a person is to take an anæsthetic in the forenoon, it is best to forego breakfast.

This is very important. Not long since the author administered chloroform to a three-year-old child. Although its parents had been instructed to feed it sparingly, and to allow it no solid food for breakfast, yet when it was fully unconscious it vomited an enormous amount of undigested food, almost jeopardizing its life.

Some time previously a gentleman was requested to forego his breakfast before the use of ether, but when he became unconscious he vomited a pint of chestnuts. When the surgeon undertook to reprove him for it, after he became conscious, he said he did not suppose chestnuts would do any harm.

Such carelessness not only greatly enhances the risk of giving anæsthetics, but it is often a source of great annoyance to be obliged to stop during an operation, to attend to such unpleasant accidents.

In skillful hands, chloroform and ether do not result in much

injury, and carelessness should never be a source of embarrassment to the full benefit of these beneficent and God-given agents.

Chloroform is not inflammable and is pleasant to the taste. Ether is *very inflammable*, and a lighted lamp or gas jet must not be carried near where it is being administered, as the vapor will catch fire. A flame should be at least eight feet from and above the patient.

All talking should be dispensed with during an operation.

Spirits of Chloroform (one part by weight of chloroform to twelve parts by measure of alcohol) are in a desirable form for internal use.

Small doses of chloroform will greatly relieve *lead colic*, and a half teaspoonful taken in water at the beginning of a *chill* will generally prevent it.

Internally, chloroform in five- to thirty-drop doses (dropped with a dropper) will relieve *flatulence*, and many forms of *colic*. It should be agitated in a draught of water.

CHLOROFORM LINIMENT is an excellent application for *rheumatic* and *neuralgic* affections.

Toothache—without a cavity—can best be relieved by placing pieces of cotton, saturated with chloroform, about the root of the tooth.

Equal parts of *ether* and *essence of peppermint* form a useful liniment for *facial neuralgia* and *neuralgic pains in the head*.

RED CLOVER—*Trifolium*.

Red Clover is so common as to need no description.

The blossoms and leaves have enjoyed quite a reputation for a few years as a "*blood purifier*," and have been much used to "*cleanse the system*," and as a cure for *female complaints*.

I am quite sure that it does no harm, and there have been many instances occurring under my notice where it seemed to do good in diseases peculiar to women.

It is taken in the form of tea, which may be sweetened to suit the taste and drank *ad libitum*.

Syrup Trifolium Compound has been placed on the market to meet a popular demand for red clover. This syrup contains other ingredients, but will no doubt disappear when the demand for red clover ceases.

CLOVES—Caryophyllus.**OIL OF CLOVES—Oleum Caryophylli.**

CLOVES,—the unexpanded flower-buds of the plant,—are a well-known household condiment; they also enter into several medicinal compounds. Cloves are sometimes chewed for bad breath, but this trouble can be removed in other and better ways. They are a local irritant to the mouth and stomach, and are sure to do harm. Sometimes, chiefly among young women, the habit of “*chewing cloves*” is formed, originating, no doubt, in an effort to overcome offensive breath.

OIL OF CLOVES is a very popular remedy for *toothache*. It is one of the most harmless, and, at the same time, a very effectual local application for this painful affection. A small pledget of absorbent cotton should be saturated with the oil, carefully inserted into the previously cleansed cavity of the tooth, and a piece of dry cotton placed over and about the tooth to absorb what oil may ooze out; thus preventing any contact of the tongue or mouth with the oil. If nothing more appropriate is in the house, one or two drops of oil of cloves may be taken on sugar for *colic pains* or *flatulence*.

COCA—Erythroxylon.

Coca leaves have been used for various purposes for many years. They are imported principally from Peru. The drug is sold in the form of *fluid extract*, *Compound Elixir of Coca* (containing coca with hypophosphites of lime and soda), and as *Cocaine*, the active principle of coca.

There are great powers claimed for the drug; not so much as a curative agent, as to produce in all conditions, whether morbid or normal, a feeling of extra well-being, and a mental and physical buoyancy, which dispels fatigue, and imparts courage and strength.

The fluid extract and the elixir may be used with benefit in *consumption* and other *wasting diseases*, and during *convalescence*, as well as in *nervousness* and *sick headache*.

COCAINE is being used very largely to produce local insensibility. It is the greatest local anæsthetic in the entire *materia medica*. Operations of a minor nature can be rendered almost painless by its use. *Teeth* can be *extracted*, the *nasal cavity* can be treated, *felons* can be opened, and the pain of various minor operations can be wonderfully mitigated by its employment.

It is, however, one of those remedies entirely unsuited to popular use. Physicians will have much difficulty in keeping cocaine within the range of its usefulness. There is a possibility of its proving a curse, outside of medical restriction.

I have intimated that the effects of cocaine are pleasant to those who use it; the same may be said of tobacco, of alcohol, and of opium, and whatever condemnation these drugs deserve for their powers of slavish infatuation, applies with no less force to cocaine.

It is entirely unfit for general use. Do not employ it, except as prescribed by the family physician.

COCOA BUTTER—*Oleum Theobromæ.*

Cocoa Butter, as found in the stores, is in yellowish-white, flat, solid cakes. It does not become rancid.

Its chief use is as an excipient in the manufacture of suppositories, to which it is perfectly adapted on account of its melting at the temperature of the body.

It might be used much more than it is for *chapped hands*, *sore lips*, and *bruises*, and as an inunction to reduce the temperature and quiet restlessness in eruptive fevers; also during the scaling process of the declining stages of scarlet fever.

Cocoa butter is the most agreeable oil that can be used externally.

COLCHICUM.

Colchicum, or *Meadow Saffron*, is a native of the temperate portions of Europe; the root, and occasionally the seeds, are used in medicine.

The use of Colchicum is confined, almost exclusively, to the treatment of two diseases: *rheumatism* and *gout*.

It is of great importance to know that colchicum, in over-doses, is *poisonous*; in large doses, does harm; and even in ordinary medicinal doses its effects should be watched, and discontinued if unpleasant symptoms occur.

It is applicable to rheumatic and gouty persons who are otherwise robust, and it should never be given in doses large enough to produce nausea and purgation. It does the most good when it increases the action of the kidneys, augments perspiration, and promotes the flow of bile.

It is an extremely useful and potent remedy in the hands of the physician, and its use should be confined to his dictations.

The best preparation is the *Wine of Colchicum Root*, dose, five to twenty drops, in water, three times daily, as ordered by the physician

COLLODION—Collodium.

Collodion consists of a solution of gun-cotton in ether.

FLEXIBLE COLLODION consists of the above with the addition of Canada turpentine and castor oil, and is to be preferred to the plain for surgical purposes.

SOLUTION OF GUTTA-PERCHA is gutta-percha dissolved in chloroform.

These preparations are sometimes called for, and the last two are elegant applications to *chapped lips*, *cracked fingers and hands*, *small cuts*, and *skinned surfaces*.

They are applied by being painted on with a small brush, and allowed to dry. As the resulting film is waterproof their utility is apparent to all.

COLTSFOOT—Tussilago Farfara.

An indigenous plant of America, growing in wet places; has a reputation of being curative of *catarrhal* and *bronchial affections*.

COLTSFOOT CANDY, a popular cough confection, has no doubt had much to do with popularizing this article. The candy is sold in lozenges at all drug stores, and, in effect, compares very favorably with most remedies of the kind.

The root is somewhat mucilaginous and demulcent, and owes its virtue to its local effect.

Decoction of Coltsfoot, made by boiling one or two ounces of the plant in a quart of water down to one pint, is the best mode of administration. It may be taken in teacupful doses several times a day for *catarrh* and *bronchitis*.

COLUMBO—Calumbo.

Columbo Root comes from South Africa and the East India Islands, and is found in the stores in the form of cross-section, shrunken pieces. The *Fluid Extract* and the *Tincture* are both eligible preparations.

Columbo is what is called a *simple bitter*. It increases the appetite, promotes the secretions of the stomach, and is well adapted to those cases where a simple appetizer and tonic are required. Unlike gentian, it may be added to preparations of Iron without turning them black. During convalescence and in delicate conditions of the system, it is very appropriate. As a tonic in *consumption* and *hectic fever* it is one of the best we have.

The *Fluid Extract* is the best preparation for general use; *dose*, five to twenty drops. The *dose* of the Tincture is one teaspoonful.

COMFREY—*Symphytum*.

The root of Comfrey is of European origin, but is cultivated in our gardens, and much used in domestic practice.

It is mildly astringent, but quite mucilaginous, and is used as a *demulcent drink* to allay the irritation of *cough*, and as an ingredient of cough mixtures generally.

It has no decided medicinal effect and is of little importance.

It is generally one of the ingredients in household *blood-purifiers*, to which its presence adds consistency on account of the mucilage it contains.

COMPOUND LICORICE POWDER—*Pulvis Glycyrrhiza Compositus*.

Compound Licorice Powder is composed of senna, licorice root, fennel seed, washed sulphur, and sugar. It is well adapted as a *domestic laxative*.

The main ingredient is the Senna, the other ingredients simply modifying and enhancing its action.

When a bland, safe *laxative* is needed, nothing is more appropriate than Compound Licorice Powder. The author has sold hundreds of pounds of it, and no laxative gives better satisfaction than this.

The *dose*, as a laxative, is about a teaspoonful stirred in warm water. It may be taken at night or early in the morning.

It is sometimes sold in lozenge form, in which shape it is convenient for travelers.

COPPER—Cuprum.

The preparations of copper are all *poisonous*, and but little used in medicine.

SULPHATE OF COPPER, *Blue Stone*, or *Blue Vitriol*, is found in the stores in bright blue crystals and in a pale blue powder; the process of powdering changes the color somewhat.

In overdoses it is a *powerful irritant poison*.

It is sometimes given as an *emetic* in doses of five to eight grains. Ordinary *dose*, as a tonic and astringent, one-twentieth to one-sixth grain. In small doses it has been used as a tonic, nervine, and astringent.

Locally, it is used to stimulate indolent ulcers and to remove proud flesh. A weak solution—one to three grains in one ounce of distilled or rose water—is often used as an *eye-water* in *granular conjunctivitis*.

Rubbed on pure, it is one of the many remedies for *warts*.

VERDIGRIS, *Impure Subacetate of Copper*, is a pale, bluish green substance and very *poisonous*. Its use is confined to veterinary practice and it should always be handled with great care.

CORIANDER SEEDS.

These seeds are found in all drug stores, and are aromatic and carminative. Added to senna tea, they will largely disguise its disagreeable taste, and prevent its griping effect.

ABSORBENT COTTON.

This article, to be found in every drug store, might be used much more than it is to advantage. It is entirely free from dirt or other foreign matter, and unlike ordinary "raw cotton" it readily absorbs moisture. It is constantly employed in surgical practice; and as a protective to wounds, burns, scalds, erysipelas, rheumatic swellings, etc., it will be found extremely useful.

When it is desired that a blister heal rapidly there is no better application than absorbent cotton. A small quantity wound around the end of a wooden toothpick makes a capital instrument to wipe moles and other substances from the eye.

Borated, Carbolated, and Salicylated Cotton, find their special advantages in the hands of the physician.

CREAM OF TARTAR—Bitartrate of Potassium.

Pure Cream of Tartar exists in many vegetable juices, but the market is supplied from that formed in wine casks in the manufacture of fermented grape wine.

Cream of Tartar in small doses is *cooling, diuretic, and laxative*, well suited to the treatment of *fevers*.

In combination with sulphur and other drugs, it is much used as a *purifying laxative* during the spring months, and the logic upon which its use is based is well founded.

In *fevers*, it may be dissolved in hot water, sweetened, allowed to cool, and drank well-diluted.

About a teaspoonful is a *laxative dose*, and a half ounce or more may be taken when a *cathartic* action is desired. It may be taken in molasses, or stirred in and washed down with water.

A teaspoonful taken every four hours is said to be specially useful in arresting *uterine hemorrhage*.

It is a very useful remedy in *dropsy*. For this disease one ounce should be dissolved in a pint of infusion of juniper berries, and the entire quantity taken in divided doses during the twenty-four hours, one-fourth at a time. Its taste is pleasantly disguised by taking it in lemonade.

CREASOTE—Creasotum.

Creasote is prepared from wood-tar, and is very similar in appearance and effect to carbolic acid, but its smell is much more smoky. It is said that much of the creasote sold in the drug stores is simply a solution of carbolic acid with enough of the former added to furnish its characteristic odor.

BEECHWOOD CREASOTE is to be preferred for inhalations and internal use, and none other should be used in filling prescriptions. In overdoses it is a DEADLY POISON.

It is a valuable addition to *cough* mixtures. One-drop doses are said to relieve *sea-sickness*, and all forms of nausea and *sick stomach* are benefited by one drop of creasote every half hour, well diluted with water.

In *eczema*, and scaly and itching skin diseases, it often proves beneficial when incorporated in ointment or with oil.

It is a perfect substitute for carbolic acid as a remedy for *toothache*.

Creasote is highly prized as an inhalant in *nasal catarrh, pharyngitis, laryngitis, bronchitis, and lung diseases*. There are various

apparatus for inhaling such substances procurable at every drug store. Creasote, when breathed, acts as a local anodyne, sweetens the breath, and has an alterative effect upon the diseased membranes.

The utility of creasote is well demonstrated in smoked meat, as it is the creasote which penetrates the meat and prevents decomposition.

CULVER'S ROOT—*Leptandra*.

This plant, also known as *Black Root*, grows in all parts of the United States, and flowers in July and August.

At first with the Eclectics, and since by a large number of the members of other schools, *Leptandrin* has been considered of great value in *torpidity of the liver*. It is regarded by some as a sort of "vegetable calomel," and has been used in *biliousness*, *chronic constipation*, *jaundice*, *torpid liver*, and for that long list of symptoms which indicate what is commonly called "*Liver Complaint*."

An active principle is sold in powder form under the name *Leptandrin*;—dose, one-half to three grains—which is an excellent addition to cathartic pills.

Fluid Extract of Leptandra; dose, fifteen drops to one teaspoonful, is perhaps the most reliable preparation, and is a valuable addition to other cathartics when a special action is needed upon the liver.

DANDELION ROOT—*Taraxacum*.

The root of Dandelion, which grows spontaneously in most parts of the world, has the reputation of possessing power to act on the liver and purify the blood. During the past few years it has been much used in both domestic and professional practice for these purposes. So much patronage entitles it to some recognition, yet its influence is very limited, and it must be taken for a long time to produce curative effects. It forms a valuable addition to blood-purifying compounds and liver regulators.

Cream of tartar forms with it an excellent spring laxative.

It is sometimes mixed with coffee, which disguises its taste, and it has been used alone as a substitute for coffee.

Dyspepsia, *jaundice*, *constipation*, and *catarrhal* conditions, dependent upon a morbid condition of the liver, are cases in which it has been most useful. *Muddy complexions* and *liver spots* are often remedied by its use.

The *Fluid Extract* is the best preparation ; *dose*, one-quarter to one teaspoonful.

The *Solid Extract* is often combined with other remedies in pills ; *dose*, one to three grains.

"DIET CURES."

The prevention as well as the cure of disease by the regulation of the diet, or by abstinence, are measures which are within the reach of all who have sufficient self-restraint to use them.

It cannot be denied that many diseases are the result of eating or drinking too much, eating or drinking the wrong kind of food, or eating or drinking at improper hours.

Most people have dyspepsia in some of its forms ; not distinctly enough, perhaps, to assert itself as an individual affection, but sufficient to excite and encourage predisposing weaknesses, whatever they may be. Chronic sores, catarrhal conditions, skin diseases, nervous derangements—in fact, all physical disorders are directly and closely related to the digestion. The "general health" is little else than the condition of the digestive apparatus. Man is regarded as an omnivorous animal, that is, he can "partake of every kind of food indiscriminately." This does not mean that he may eat to repletion of every kind of food—far from it. It recognizes the fact that man should intelligently partake of a proper quantity only, of such food as he requires, either animal or vegetable. People are extremely careless about their diet, and modern cooking has kept a deaf ear to the claims of health.

Most of the "Diet Cures" consist of confining the diet to one article, as milk, grapes, etc., and continuing the restriction until a decided change is wrought in the whole system. Simple regulation of the diet is universally advised in connection with the treatment of disease.

THE GRAPE CURE.

The "Grape Cure," which has been practiced to a considerable extent in France and Germany, has never had much of a following in this country. It consists of subsisting entirely upon grapes, with the exception of bread and water, during the five or six weeks' duration of the grape-crop. It is usual to begin with one pound and increase the amount to four, six, or eight pounds a day. The last-named amount not to be exceeded. The first repast is taken early in the morning, at which time they should be freely eaten. The second is taken about the usual hour for breakfast, and the third at noon, to which is added bread and

water; another in the evening, and finally, just before retiring. Grapes are lacking in nitrogenous material, which the bread supplies.

"The grape cure is used with success in *plethora* of the portal circulation, *diarrhœa*, *dysentery*, *hemorrhoids*, and *engorgement of the spleen*." It often proves of great service in *scrofula*, *consumption*, *gout*, and *skin affections*.

Those who attempt to test its virtues should not make a hobby of it, to the exclusion of hygienic measures. A change of air, plenty of sleep, moderate exercise, and rational habits, will enhance the virtues of the treatment.

THE MILK CURE.

"*Milk Cure*," "*Koumiss Cure*," and "*Buttermilk Cure*," are all quite similar. Milk and buttermilk are better adapted to continued use than koumiss. The "cure" consists of an exclusive milk diet. The daily amount taken is from one to two quarts, in divided amounts, about four hours apart, and is slightly warmed. In some stomach and bowel disorders, skimmed milk is to be preferred; and in diabetes, buttermilk is more especially indicated. The treatment has been used with marked success in chronic stomach and bowel affections, such as dyspepsia, gastric catarrh, ulcer of the stomach, chronic diarrhœa and dysentery. Obstinate skin diseases are often rendered curable by a resort to a milk diet. *Albuminuria*, *diabetes*, and *gout*, are greatly benefited by this method. One unfortunate complication usually met with in this treatment is the obstinate constipation, which an exclusive milk diet brings on. This must be overcome by appropriate remedies. It should also be stated that a resort to an exclusive diet of milk causes a loss of flesh, and sometimes marked debility results. It is always best to practice the system under the supervision of a medical adviser.

DIGITALIS.

Digitalis or *Foxglove* is cultivated in American gardens, but the best quality for medicinal purposes grows wild in Europe, where it is indigenous.

DIGITALIN, the active principle of Digitalis, is sometimes prescribed; but, as a rule, it possesses no advantage over the ordinary tincture.

Digitalis is a *heart tonic*, and is used more than any other

remedy for *heart disease*. It slows the action of the heart when beating too rapidly, and quiets it when beating irregularly.

When *dropsy* results from heart derangement, *digitalis* often acts most happily. Squills is often combined with it in dropsical affections.

In *palpitation, dilatation, enlargement, and valvular disease* of the heart—it is universally prescribed, yet it requires an unusual amount of skill, even of a professional sort, to administer it to the best advantage. It should be given to produce definite results, which a trained physician only can appreciate.

In some cases of *asthma*, attended with a quick pulse and heart complications, it is the best of all remedies.

During the declining stages of *scarlet fever* it is specially useful if there are dropsical tendencies. It will sometimes control the high temperature of scarlet and typhoid fevers better than anything else.

When such diseases as rheumatism and scarlet fever threaten to attack the heart, no medicine is more appropriate than *digitalis*.

Short-winded persons, who are troubled with *chronic cough*, are benefited by its use in small doses. The *tendency to faint*, following the loss of blood, is controlled by its careful use.

Dose of the *Tincture* from five to twenty drops as prescribed.

DOGWOOD—*Cornus Florida*.

Dogwood is found in abundance in most parts of the United States. The bark has a well-deserved reputation as a remedy for *malaria*.

It is probably the best substitute we have for Peruvian bark or Quinine in *chills and fever*; but, in making this comparison, I still hold that Peruvian bark and its preparations are quite superior to dogwood bark.

Aside from its *antiperiodic* virtues, it is a bitter *tonic*, and is often used with advantage as such in malarious districts.

It sometimes irritates the stomach and disorders the digestion, in which case its use should be modified.

The decoction is made by adding one pint boiling water to one ounce of the dried bark.

Dose, one or two tablespoonfuls three or four times a day.

EFFERVESCENT SALTS.

A large variety of medicines and compounds are now sold in drug stores in granular or powder form, which contain an acid and alkali, and which effervesce when placed in water. They are known as Effervescent Salts. They should always be kept in a dry place and well corked. The list of medicines put up in this form includes citrate of magnesia, epsom salts, phosphate of soda; mixtures styled "liver salts" or "laxative salts;" rheumatism remedies containing lithia, salicylic acid or salicylates; artificial mineral spring salts such as Kissengen, Carlsbad, Vichy, Crab Orchard, etc. There are also many secret or patent remedies on the market put up in this form.

A chief object of this form of compounding is to render medicines agreeable to the taste and easy to take. Otherwise they possess little or no advantage over the plain drug. So prepared the cost is greatly increased and in buying reliable brands should be selected.

EFFERVESCENT TABLETS are also now much used, containing various medicines and which effervesce when placed in a tumbler of water. They form a very convenient method of using medicines, especially when travelling.

During recent years the country has been flooded with effervescent headache remedies, most of them containing acetanilid and other synthetic drugs, and while they give temporary relief, their habitual use cannot be too strongly condemned. Their attractive appearance and agreeable taste seem to hide the fact that they are loaded with dope.

ELECAMPANE—Inula.

Elecampane root, or *Scabwort*, grows throughout the United States, and has been much used in domestic practice. The root should be gathered in the spring or autumn. It is somewhat stimulant and tonic in its action, but its influence is very feeble, and has scarcely deserved the patronage it has received.

It is supposed to increase the action of the various abdominal organs, but when given it is usually combined with other and more active remedies. The *powder* and *Fluid Extract* can both be procured.

ELECTRICITY.

Electricity, in its various forms, is one of the most important and useful remedial agents at our command. Its manifestations are, however, so intricate, the popular knowledge concerning it so vague, and its use so abused by those who are ignorant of its real nature, that it has failed to occupy that place in the treatment of disease which its real merits should give it. Modern research and careful study are rapidly giving it a broad and varied range of application, and as an aid in both diagnosis and treatment, its employment rests upon a rational and practical basis.

Electricity is a subject, an explanation of which requires extended elaboration, and in a book of this kind it is impossible to explain in detail the laws which govern its action or the phenomena connected with its behavior while being manipulated. The nomenclature of electrical science has been very loose and vague, and the language of the various writers upon the subject has not been clear and tangible to the ordinary mind.

The three forms in which it is most commonly employed are:—

1. Friction or Static Electricity.
2. Galvanic Electricity.
3. Faradic Electricity.

Friction Electricity is used chiefly in giving the *Electric Bath*. The patient is placed upon an insulated stool and is charged with negative or positive electricity from the conductor, according to the desire of the manipulator.

Galvanic Electricity is developed by chemical decomposition, and is known as Voltaic or battery current. It is generated by suspending two elements, such as zinc and copper, or zinc and carbon, in an exciting fluid called *battery fluid*. The current which passes from the oxidizing metal is known as the positive current; that in the opposite direction as the negative current. The latter, however, is seldom considered.

Faradic Electricity, or *Faradism*, is produced by means of electromagnetic machines. Such an apparatus consists practically of one or two cups, the elements being connected by two coils of wire, one of which excites and intensifies the other.

The galvanic current is more penetrating than the Faradic, but the latter produces greater contraction of the muscles, and acts more powerfully upon the nerves.

It is a fact clearly demonstrated that electrical force pervades all finite space, and that its presence is essential to life; indeed, the hypothesis has been assumed that life and electricity are identical. It cannot be accepted, however, as anything more

than a necessary element of vital force, as are water and air. When applied to muscular fibre recently deprived of life, it causes contractions more or less marked, showing that it is quite similar, at least, to the nervous impulses which control volition.

FROM A MEDICAL STANDPOINT, electricity is a stimulant and tonic to nerve force and motion, and is well adapted to the treatment of a number of diseases, characterized by weakened nerves, flaccid muscles and impaired vigor.

Most cases of neuralgia are benefited, and many cases completely cured, by the proper use of electricity. No case of sciatica or facial neuralgia should be allowed to continue long, without giving electricity a trial. Pain, when due to nerve derangements, is relieved more certainly by an electric current, than by any other plan of treatment, if applied by a skilled practitioner.

There is a large class of chronic nervous affections, in the treatment of which electricity is specially indicated. Among these may be mentioned hysteria in its various forms, St. Vitus's dance, epilepsy, nervous dyspepsia, some cases of asthma, and almost the entire list of chronic functional disorders.

Mental derangements, such as mania, melancholia, impaired memory, and wakefulness, are often improved by the use of electricity.

In the chronic forms of paralysis, *i. e.*, after the acute symptoms have subsided, it is perhaps the best remedy we have. The wrist drop resulting from lead poisoning; urinary suppression or incontinence due to palsy of the local organs; constipation resulting from a relaxed condition of the bowels; the loss of voice accompanying paralysis of the vocal cords, are all—except the first named—more apt to be benefited by electricity than by any other agent.

The various distressing symptoms peculiar to women, especially when no organic disease exists, are often entirely removed by the *proper* use of the battery. Many skin affections of a chronic and obstinate nature are due to nervous disorders, for which electricity is often applied with the best results. Bed-sores and other indolent ulcers are often successfully treated as follows: Hammer out a silver coin until it is thin and flexible and about the size of the ulcer; cut a piece of zinc of equal size and connect the two by a piece of copper wire several inches long. Cleanse the sore and adjust the silver film to its surface; dampen two thicknesses of cotton flannel with vinegar and place upon the healthy skin near by; on this place the zinc and secure the whole in place by a bandage. The acid of the vinegar acts on the zinc and sets up a mild electrical current. The zinc should be moist-

ened with vinegar three or four times during twenty-four hours, and the appliance may be kept on for a week: the zinc plate should be removed to a new territory every day or two. This treatment will often invite healthy granulations where nature has abandoned the effort at repair.

Electricity furnishes the best method at our command *to remove superfluous hairs*. To perform the operation, attach a sharp sewing needle to the negative pole of a five-celled battery, and let the patient grasp the positive electrode. Pass the point of the needle down alongside of each hair until it surely reaches the hair follicle. Within a few seconds, according to the strength of the current, a minute quantity of white foam will appear alongside the needle. The needle should remain in place from ten to twenty seconds. After each hair has been treated in this manner it may be easily removed with tweezers, and will never return.

The use of electricity in medicine and surgery is rapidly gaining favor, its utility becoming apparent in most every direction. In the hands of the surgeon, the galvano-cautery has supplanted the use of the knife in a large class of operations.

When an electric battery is needed, it is always best to secure it of a manufacturer of unquestionable standing, as there is much apparatus advertised that is worthless. Druggists are usually in communication with reliable instrument-makers, and are sure to furnish a good machine. Beware of those who advertise various electrical appliances through the newspapers and the mails. Electric belts, charms, trusses, pads, brushes, etc., are generally catch-penny affairs. Most, if not all of them, simply contain a magnet, which has no effect whatever upon the human organism. It remains to be said that the use of electricity in medicine is a science, and requires skill and a knowledge of anatomy, physiology, and pathology, to intelligently apply it. It is not enough to be able to adjust a battery and "make it go," intensify the current, and produce a "shock"—these things demonstrate the novelty, and not the practical utility of electric batteries. The violent use of electricity has no doubt wrought much injury. It is not suited to indiscriminate use, and should never be employed unless there exists intelligent reasons for so doing.

An experienced physician or reliable specialist should have a careful oversight of each individual case in which it is employed; and to their judgment should be left such questions, as to the kind of battery needed; the proper strength of current; the locality at which the electrodes should be applied; the time and length of each individual treatment, and suggestions of such other remedies as will secure the best results.

SLIPPERY ELM—Ulmus.

Elm Bark is derived from the *red elm* which grows throughout the Middle and Northern States. It is sold in the stores in three forms: whole, ground, and powdered.

Elm bark is nutritious and very mucilaginous. *Mucilage*, or *Tea* made from it, may be drank with benefit in inflammatory and irritable conditions of the stomach and bowels. It is often of benefit in kidney and urinary difficulties, especially those of a painful character.

MUCILAGE OF ELM is made by adding one pint of boiling water to one ounce of choice, sliced bark, and strained after remaining covered for two hours. This may be drank *ad libitum* in *diarrhœa*, *dysentery* and other affections requiring mucilaginous drinks.

ELM BARK POULTICE, made by adding boiling hot water to powdered or ground elm bark, forms an excellent application to irritated surfaces where a poultice is needed.

Chewing slippery elm bark is said to be destructive of *tape-worm*, and it has been advocated by a few physicians for this purpose, but more pronounced agents are generally required.

ERGOT.

Ergot is a complex substance obtained from diseased rye.

When swallowed, it produces contraction of certain muscular fibre, and is used more than any other drug to stop *internal hemorrhages*.

It should always be used in internal bleedings where external remedies cannot be applied.

Bleedings from the lungs, nose, or gums, are often controlled by its internal use. A young man of my acquaintance was troubled with pulmonary hemorrhages for years, and always controlled them by one or two full doses of fluid extract of ergot. He carried a small bottle of it in his pocket in order to be ready at any time to suppress the bleeding.

It is universally used in the treatment of *uterine hemorrhage*. *Menorrhagia* is usually regulated by it, and in the hands of the accoucheur it is indispensable for the various hemorrhages attending childbirth.

The *night sweats of consumption* are often greatly lessened by the use of ergot. The only preparation of ergot in general use is the *fluid extract*—dose, one or two teaspoonfuls.

EUCALYPTUS—Eucalyptus Globulus.

Eucalyptus enjoys great favor with the profession as a remedy of much merit in a variety of diseases.

Like most remedies of the kind, it increases the secretions of the body, and carries with it morbid or unhealthy conditions.

Dyspepsia, attended with a catarrhal condition of the stomach and bowels, is much benefited by Eucalyptus.

Chronic bronchial and *nasal catarrh*, attended with *expectoration*, are often very much improved by it.

In *chronic bladder difficulties* it is often of great service.

By many it is considered a specific for *chronic malaria*, and while it is of undoubted virtue, its value is much less than Quinine in "breaking" the fever and ague. In chronic malaria, which seems to resist usual treatment, Eucalyptus should be tried.

Locally, diluted with water, it is a good application to *old* and *indolent ulcers*.

Lozenges of Eucalyptus are of service in *bronchial* and *throat difficulties*, but they are not found in all stores.

Dose of the *Fluid Extract*, five to forty drops.

Fluid Extract of Eucalyptus, added to water, disinfects *foul-smelling* and *ill-conditioned ulcers* and *wounds*, and may be used as a wash wherever there is an unhealthy or offensive discharge.

OIL OF EUCALYPTUS is being much used in *catarrhal* and *pulmonary affections*, and may be taken in *doses* of from one to five drops on sugar, in capsules, or in emulsion.

It is much used in inhaling mixtures, and by many is preferred to creasote, tar, or terebene.

EYE-BRIGHT—Euphrasia.

Tincture of Eye-bright is a remedy of recognized value in the early stage of a "cold," where there is profuse running at the nose. *Five drops* in water every two hours is often remarkable in its effect. It may be used with good results in the catarrhal stage of *hay-fever*.

FATS.

COMMON LARD, MUTTON SUET, TALLOW, GOOSE GREASE, COCOA-NUT OIL, and COCOA BUTTER are useful medicinal agents when properly utilized. We might add to the list, very appropriately, *sweet oil, olive oil, cod-liver oil, castor oil, lanolin, sweet almond oil, petrolatum, vaseline, cosmoline* and *glycerine*.

When fresh, pure and sweet, these fatty and oily substances, when applied to the skin, fill several important functions.

1. They penetrate the skin and add to the bodily nutrition.
2. They soften the skin and render it soft and pliable.
3. They protect the surface of the skin from the atmosphere.
4. They tend to reduce heat and remove inflammation.

To use the right one for the purpose it best fills requires intelligent judgment.

The most *penetrating* are cod-liver oil, common lard, cocoanut oil, lanolin, olive oil, and goose grease, and the first two named are the best adapted when it is desired to impart nutrition, as in consumption, scrofula, and rickets.

The most desirable ones to *soften the skin* are, perhaps, almond oil, suet, tallow, cocoa butter, and glycerine (which should be diluted one-half with water).

The best *protectives* are vaseline, cosmoline, and petroleum jelly.

To *reduce heat and inflammations*, lard, suet, tallow, olive oil and vaseline are used more than the others.

All fats and oils, when they become rancid or strong, are not only offensive to the sense of smell, but are irritating to the skin.

Animal fats, especially lard and cod-liver oil, are apt to become rancid; in which case they should be discarded.

Lard containing salt should never be applied to the skin.

Mutton suet, goose grease and some others are supposed to possess special virtues; they, however, are no better than fats in general, but are less apt to become rancid.

Benzoin has the power of preventing rancidity, and this explains why the druggist keeps "benzoated" lard, and various ointments compounded with it.

Dog oil, angle-worm oil, skunk oil, etc., are occasionally called for at drug stores, and they have always had a reputation in some localities as possessing special virtues when applied to *stiff joints, painful muscles* and for *chronic rheumatism*. They were formerly "made," but the Pure Food Law requires them to be genuine if they are so labeled and sold as such.

FISH BERRIES—*Cocculus Indicus*.

These berries as found in the stores are about the size of a large pea and of a dusky, blackish color. The berries, and all preparations made from them, are *poisonous*.

The active principle, *Picrotoxin*, and the *tincture*, are both sometimes used.

Sometimes the berries are steeped and the decoction used to destroy *head-lice*; a better plan however is to have a druggist rub about four grains of Picrotoxin in four drachms of lard, which should be applied sparingly to the head.

FLAXSEED.

FLAXSEED MEAL.

FLAXSEED TEA is made by infusing an ounce of *whole* seeds in one quart of boiling water. It is a useful mucilaginous drink, well suited to cases of *catarrh*, *dysentery*, *affections of the kidneys and bladder*, *lungs and intestines*.

FLAXSEED LEMONADE is made as follows. Pour one quart of boiling water on two ounces of whole flaxseed and let it steep for three hours; pour off the clear liquid, add the juice of two lemons and sweeten to taste. Cool and add ice if desirable. Useful in *coughs and colds*, and well worthy of being frequently employed.

Two or three *whole flaxseed* are sometimes dropped into the eye at bedtime to remove foreign substances. Their use in this way is harmless, but a diligent search for such substances will usually render the use of flaxseed and eye-stones unnecessary.

Ground Flaxseed makes the best poultice, perhaps, of any substance. It should be recently ground and free from rancid odor.

FRUITS AS MEDICINES.

A knowledge of the composition of the various kinds of fruits and their action upon the system is very important. The proper and timely use of fruit will often admirably supplant the use of drugs.

Only a short time since a professional gentleman informed me that for years he was a great sufferer from constipation, and spent years of time and much money seeking relief through the use of medicine, but finally was completely cured by eating one or two apples every morning before breakfast.

Fruits vary greatly in their chemical composition, and also in their physiological action upon the system. Many fruits are acid, while other kinds contain sugar and are highly nutritious; some are laxative, and other varieties contain tannin and are somewhat constipating. Some fruits are bland and soothing to the intestinal tract, while other kinds are irritating and grating to the membranes of the stomach.

Apples are rich in phosphorus, and the acids which they contain are exceedingly useful in adding tone to the stomach, liver, and intestinal digestion.

There are scientific reasons for eating apple sauce with meats.

Apples, peaches, pears, prunes, figs, and tamarinds are all laxative, and most cases of constipation might be overcome by a judicious use of these fruits.

Prunes are quite laxative, and their use is to be commended to those of a constipated habit. A small quantity of senna leaves may be added to them while cooking, without destroying their flavor, but greatly enhancing their laxative qualities.

It is an old saying that "To eat an apple going to bed, the doctor then will beg his bread," but I think, as a rule, in the morning is the best time to eat fruit, especially if it is raw. Another old saying is; "Fruit in the morning is gold, at noon silver, and at night lead." I believe that most people would feel better if they ate less fruit at night, and more before breakfast.

A brilliant writer remarks: "FEAST ON FRUITS! Would that this could be a motto upon the wall of every dining room in the land!" . . . "Don't stint the supply of *sauce* dishes. Use large saucers and not only once full, but twice or thrice full at every meal. Acid fruits are preferable. They are the staple, and, properly prepared, one never tires of them. The acid of the fruit is largely oxygen, and uniting with the carbon of other food, in this way assists in digestion. For constipation, some of the dried fruits well-cooked are valuable. Of these, peaches, plums, prunes, apricots, etc., that are rich in hydrocyanic acid, are most valuable. Never prepare a meal without some form of fruit. Take half the money you put in meat and lard and purchase fruit. You will get interest and principal returned in health for yourself, in rosy, buoyant children, and noticeable absence of doctor's fees."

GALLS—Galla.

TANNIN—TANNIC ACID—Acidum Tannicum.

GALLIC ACID—Acidum Gallicum.

There is so little difference, from a medicinal standpoint, between *powdered nut-galls*, *tannic acid*, and *gallic acid*, that they may be considered under one head.

Tannin is found in the barks of many trees, but that employed in medicine is principally from an abnormal excrescence, caused by an insect piercing the bark of the oak.

Tannin has a bitter, astringent taste. It is the astringent prin-

ciple in oak-bark, also of catechu, kino, krameria, logwood, blackberry, and many other plants. These substances are employed in medicine on account of their astringency, due to the presence of tannin.

The only use to which powdered nut-galls are put, is as an ingredient of *pile-ointments*.

Tannin is a powerful astringent, when locally applied, and hardens the tissues. It is used locally *to stop bleeding*, as it coagulates blood immediately. It is used as a mouth wash for *spongy gums*, and as a gargle in *relaxed conditions* of the *throat and palate*.

A solution of tannin is used to harden parts of the body exposed to friction, such as *tender feet* and *sore nipples*, and as a lotion to prevent *bed-sores*.

In excessive discharges, such as *leucorrhœa*, *chronic ulcers*, and *excessive perspiration*, it may be used to advantage.

Yet, there are objections to its continual employment for these purposes.

Glycerole of Tannin, mentioned under the head of glycerine, is an extremely useful article, and is worthy of a wider notice than it has received.

GARLIC—Allium.

Garlic is found in the stores tied in bundles, very much resembling onions in appearance.

They are employed considerably in domestic practice, in *catarrhal troubles*, especially in children, and in *flatulent* or *wind dyspepsia*.

The garlic may be taken in substance. They are in sections, and the bulbs are called "cloves," one or more of which may be eaten as a dose.

The *Syrup of Garlic* is well suited to children, who may take one teaspoonful as a dose.

GENTIAN—Gentiana.

Gentian grows among the various mountainous regions of Europe.

The root is the part used, and it is found in the stores in crooked, shriveled pieces, very bitter to the taste.

Gentian is one of the best bitter tonics we have, and is constantly employed in *stomach derangements*. In *dyspepsia*, especially with gouty tendencies, *liver disorders*, *jaundice*, *malaria*, *general debility*, *loss of appetite*, and *anæmia*, it will be found extremely useful.

When long continued, it sometimes deranges the stomach.

It may be taken in substance, *i.e.*, the root may be chewed, as I have known many persons to do with good effect.

The best preparation is, perhaps, the *Compound Tincture*; dose, one-half to one teaspoonful. The *Fluid Extract* is also an excellent form in which to take it; dose, ten to twenty drops in water.

The compound tincture is an excellent vehicle in which to take cod-liver oil.

Gentian enters into the formation of various pills, of which the *Compound Gentian Pills* are very valuable.

If it is desired that the appetite should be improved, gentian should be taken just before eating; if to improve the digestion, it should be taken after eating.

GINGER.

There are two varieties of Ginger, the *African* and the *Jamaica*.

The former is used principally in cooking, and the latter in medicine.

It is pungent, stimulant, and aromatic, and much used in bowel disorders attended with flatulence and pain.

Tincture of Jamaica Ginger, commonly called "*Essence of Jamaica Ginger*," or simply "*Jamaica Ginger*," is much used in summer as a corrective in *bowel disorders*, and much more is sold to supply the craving for alcoholic liquors. It is very acceptable to the ordinary toper, and there are many who depend upon it entirely as a daily grog. Its sale should be under legal restrictions.

There is a number of proprietary brands of "*Jamaica Ginger*" on the market, all claiming great superiority over others. My experience is that Jones can make just as good an article as Brown, and no doubt will furnish goods just as reasonably. That made by the druggist is usually the *best* to be procured.

Properly used, it is a very excellent stimulant carminative in cases of *flatulent colic*.

Ginger tea often renders excellent service as a stomach warmer in *cramps* and *pains* of various kinds. It is made by adding hot water to powdered ginger and sweetening with sugar, if desired.

GLYCERINE.

This article is so common as to need no description here. It is a by-product in the manufacture of soap and other fatty compounds. It is a clear, heavy, syrupy, sweetish liquid, soluble in

both water and alcohol. To say that glycerine is "fat deprived of its fat" is not far from a technical definition.

Glycerine has been used considerably as an internal remedy, but aside from its power of making some other medicines more eligible for use, it has no standing as a remedial agent.

It has been suggested and used by some as a substitute for Cod-Liver Oil in chronic lung diseases, but it has not maintained its former reputation for this purpose. It is an excellent vehicle to disguise the taste of Castor Oil, Tincture of Iron, and some other distasteful medicines. It seems to envelop other substances and to protect the palate from contact with them. The principal use to which glycerine is put, is as an external application. It should, however, never be used without diluting. It has a strong affinity for moisture, and unless diluted, it will absorb the moisture from the surface to which it is applied and produce irritation. Much of the glycerine used in this way does more harm than good.

Rose Water and Glycerine, equal parts of each, is an elegant preparation where a softening application is called for. Extract of Witch-Hazel may be used instead of rose water.

Properly diluted, it is an excellent application for *chapped hands, excoriations, sore nipples*, and various *skin diseases*, but it is not agreeable to all skins.

As it *dissolves the wax in the ear*, it is a good application where that substance has become hardened. It may be introduced by saturating cotton with it and inserting it in the ear.

Added to *poultices*, it will cause them to retain their heat and moisture, much longer than they otherwise would.

Teaspoonful doses of glycerine after meals are said to prevent *acidity of the stomach*.

Glycerine and Borax rubbed together are better than borax and honey for *sore mouth*.

GLYCEROLE OF TANNIN, sold by druggists, is a good astringent, well adapted as a local application to *frosted feet, sore nipples*, and *enlarged tonsils*.

GOLD—Aurum.

This valuable metal is sometimes used as a medicine.

Chloride of Gold and Sodium is the most eligible preparation, dose $\frac{1}{10}$ to $\frac{1}{20}$ grain in pill form. It is said to promote the appetite, improve the digestion, and exercise a marked influence upon the brain and nerves. It produces a feeling of well-being and increases the mental force.

It has occasionally been used in chronic gastric catarrh, melancholia, dyspepsia, nervous exhaustion, and sexual weaknesses.

It has been strongly urged as a "cure" for *Chronic Alcoholism*, but we fear it will fail to prove as efficacious as its enthusiastic champions would have us believe. It was recommended a few years ago for this purpose, but failed to gain any extended recognition at that time.

GOLDENSEAL—*Hydrastis Canadensis*.

Hydrastis or *Yellow Root*, commonly called Goldenseal, is a remedy of great value, and is used both internally and as an external application.

In that peculiar condition of the mucous membrane known as *catarrh* it is one of our best remedies. This assertion holds good, no matter where the morbid condition exists; whether it is a catarrhal condition of the nose, throat, stomach, bowels, bladder, urinary, or generative organs.

In *nasal catarrh*, it can be used with the atomizer, or as a gargle for the throat. In chronic catarrh of the stomach and bowels, known as "*gastro-intestinal catarrh*," it may be taken internally.

The fluid extract may be diluted for these purposes, but a "*Fluid Hydrastis*" is sold in the stores, which is colorless, and for this reason is preferred to the dark fluid extract for external use.

Hydrastis rates next to quinine, in the minds of many, as a remedy for *malaria*, and, as it is an excellent tonic and directly indicated in those morbid conditions which *malaria* causes, it is always wise to use it as secondary to quinine, especially in the treatment of *intermittent fever*, and malarial diseases generally.

The active principle, *Hydrastine*, is a very valuable remedy, but unfortunately, it is not always of the same strength. It is a yellow powder, and the *dose* is from one to three grains. It is sold in the form of *Sulphate of Hydrastin*.

In *dyspepsia* with *torpid liver*, *variable appetite*, with *catarrhal tendencies*, it should be given an extended trial.

The *fluid extract* is the preferable preparation for internal use, and may be given in *doses* of from five to thirty drops in water.

Externally, it has been used with success as an alterative stimulant to *old sores* and *ulcers*, and for this purpose may be used one teaspoonful to the pint of water.

The regular fluid extract stains linen, and, as an external wash or lotion, the *colorless* is always preferred.

Two grains of sulphate of hydrastin, dissolved in one ounce of rose water, form an excellent *eye wash* for sore eyes and granulated lids.

GOLD THREAD—*Coptis Trifolia*.

Gold Thread, *Yellow Root*, *Canker Root*, or *Mouth Root* is found in the northern part of both continents, in low, wet places. As found in the stores it is in thread-like, yellow roots matted together, with the tops and leaves intermixed.

It is a bitter tonic, very similar in its action to quassia, and is applicable to all cases where quassia might be prescribed.

In some localities it is used to make a *mouth wash* and *gargle*, but any special virtue for these purposes is to be doubted.

An *infusion* may be made by adding one pint of water to one ounce of the root; *dose*, a tablespoonful or more.

UNFERMENTED GRAPE JUICE.

Pure Grape Juice, commonly called *Unfermented Wine*, attracts increasing attention as a remedy for the cure of disease and as an article of diet. It is made by pressing the juice from selected grapes, which is brought to the boiling point to sterilize it; while hot, it is transferred to bottles and hermetically sealed. Sometimes salicylic acid, sulphite of lime, or other antiferment is added to prevent fermentation, but these things are not only objectionable, but if the juice is properly manipulated their use is unnecessary.

The composition of pure grape juice is very similar to that of human milk; it is extremely delicious to the palate, grateful and refreshing to the stomach, and invigorating, wholesome, and nutritious.

During continued *fevers*, *low states* of the system, *convalescence*, and *nervous prostration*, it is an invaluable food and medicine combined. In chronic derangements of the stomach and bowels, due to altered secretions, the use of Grape Juice will prove highly useful.

When properly prepared it is non-alcoholic, and can be used in any quantity, for any length of time, by any one without inducing an appetite for strong drink. There are few instances, indeed—*perhaps none*—where it is not to be preferred to alcoholic liquors, no matter what the disease or the condition of the patient may be. When the nutrition of the sick is considered, I know of nothing—milk excepted—so unobjectionable, on the one hand, and nothing so likely to be a benefit, on the other, as Pure, Unfermented Grape Juice.

We may reasonably hope to see the use of Unfermented Grape

Juice become a potent factor in solving the Temperance Question. If a substitute be required for alcoholic liquors when they are abandoned, it must be conceded at once that Grape Juice fully meets very important requirements. It is claimed that drinking milk freely will destroy the appetite for alcoholic liquors. If this be true—milk and Grape Juice being quite similar in composition—it is but reasonable to suppose that if the use of Grape Juice becomes general it will tend to prevent and counteract the prevailing taste and desire for alcoholic beverages.

The Christian Church is rapidly adopting the use of Unfermented Wine, instead of the fermented, at communion services, and it is a much needed and wholesome reform. The pure juice of the grape supplies, in every respect, the emblematical significance of this ordinance, and if the Church unnecessarily continues to use alcoholic wines when so many of its members carry with them a subdued appetite for strong drink, it commits a grave mistake.

GRINDELIA—*Grindelia Robusta*.

This plant grows on the Pacific coast, and the leaves and flowering tops have had quite a reputation in medical circles as a remedy for *catarrhal* and *bronchial affections*.

It has been found useful in *asthma*, both internally and when used as a fumigator. For the latter purpose the plant should be steeped in a solution of saltpetre and dried and burnt upon a plate, or it may be smoked in the form of cigarettes, or in a pipe.

It is useful in all coughs of a spasmodic character, such as *asthma*, *whooping-cough*, *hay fever*, and the *cough of habit*.

The fluid extract, diluted with ten parts of water, is an excellent application to the eruption resulting from contact with *poison ivy*. Such a solution will also be found useful in *itching eruptions* generally when applied to the parts.

The *Fluid Extract* is the best preparation for internal use. *Dose*, ten to thirty drops.

GUARANA—*Paullinia*.

This plant, a climbing vine, grows in Brazil, and the preparations used in medicine are made from the seeds. They are sent into the market after being ground and pressed into cakes.

It has been highly prized as a remedy for sick headache and nervousness, but as its preparations are of variable strength, it is not to be depended upon.

Its virtue depends upon the *Caffeine* it contains, and as the drug also contains tannic acid, which is constipating, it is better, when in need of such a remedy, to make use of *pure caffeine*, which is to be found in every drug store.

Elixir of Guarana is a very elegant preparation. *Dose*, one or two teaspoonfuls.

GUAIAIC.

Guaiac wood, known also as *Lignum Vitæ*, comes from the West Indies, where it grows in large trees.

GUAIAIC CHIPS and "GUM GUAIAIC" are found in every drug store.

It was formerly much used as a *blood purifier*, and is one of the ingredients of Compound Syrup of Sarsaparilla. It has been employed with asserted advantage in *chronic rheumatism*.

The use of Guaiac is now largely confined to *diseases of the throat*, upon which it seems to exert specific benefit. It is claimed that guaiac, if used early, will cut short an attack of *tonsilitis*. One teaspoonful of the *Ammoniated Tincture of Guaiac* should be put in a half glass of milk and the throat gargled once or twice and the remainder swallowed, and repeated every four or six hours. GUAIAIC LOZENGES, to be found in every drug store, allowed to dissolve in the mouth, will answer the same purpose, or powdered guaiac, as much as will lie on a penny, may be beaten up with the yolk of an egg and taken for sore throat or tonsilitis with good effect.

There are two preparations of Guaiac, the plain *Tincture* and the *Ammoniated Tincture*. The *dose* of either is from one-half to one teaspoonful in milk three or four times a day. The ammoniated is to be preferred.

COHEN'S GARGLE, consisting of the Ammoniated Tincture of Guaiac, Chlorate of Potash, Huxham's Tincture, and Honey, is a most excellent mixture, not only well adapted as a gargle, but also of value for internal use in teaspoonful doses.

GUM ARABIC—Acacia.

Gum Arabic is used chiefly in making mucilage, and by druggists in suspending insoluble medicines; also in making emulsions of oils and other substances.

It is used in *sore throat* and *catarrhal inflammations* as a demulcent, and for this purpose small pieces of the gum may be allowed to dissolve in the mouth and slowly swallowed.

The powder, frequently dusted on, is an excellent remedy for *sore nipples*.

MUCILAGE is made by dissolving one ounce of Gum Arabic in two ounces of water, and if it is to be kept for some time, a drop or two of oil of cloves will help to preserve it.

GUM ARABIC WATER is sometimes recommended as a mucilaginous drink in *sore throat*, *colds*, *irritated stomach*, etc., but there are other articles better adapted to this purpose.

AMERICAN HELLEBORE—*Veratrum Viride*.

BLACK HELLEBORE—*Helleborus Niger*.

WHITE HELLEBORE—*Veratrum Album*.

Veratrum Viride, *Indian Poke*, or *Green Hellebore*, is often used by physicians in the form of *Tincture*. Dose, two to eight drops. It is a depressant to the heart—somewhat similar to tincture of aconite—and is used in inflammatory fevers with bounding pulse. It is totally unfit for popular use.

Black Hellebore is a powerful hydragogue cathartic, and is an active *poison* in over-doses.

White Hellebore is used chiefly as an insecticide, the powder being dusted on rose bushes, flowering plants, etc. Care must be exercised in using it on fruit-bearing vines. It should never be applied after the fruit has matured.

INDIAN HEMP—*Cannabis Indica*.

AMERICAN HEMP—*Apocynum Cannabinum*.

Indian Hemp should not be confounded with American Hemp. They are, however, similar in action, and both are used in medicine. Indian Hemp is an active narcotic. It is the "*Hashish*" of the Hindoo and Arab, and *habitues* use immense quantities of it in those countries. Possibly, like opium, it may yet curse America by its enslaving power.

It is used as a quieting addition to *cough* mixtures, and to relieve spasm when due to morbid nervous conditions.

Its place in medicine, however, is not very well defined, and attention is called to it here chiefly to make known the fact that it is totally unfit for unprofessional use.

HOFFMAN'S ANODYNE.

Hoffman's Anodyne, or *Compound Spirits of Ether*, is often prescribed as an *antispasmodic stimulant* and *anodyne*, but it is not suited for general use. A few drops added to a dose of laudanum will often prevent the nauseating effect of the latter medicine with certain persons.

Dose—one half to one teaspoonful in sweetened water.

It is claimed that in some localities Hoffman's Anodyne is taken in place of alcoholic liquors, but I am inclined to believe that such cases are rare in this country.

HOPS—*Humulus*.

Hops vary greatly in quality.

A good article must be fresh, possess a strong characteristic odor, and contain a liberal amount of pollen and waxy, sticky substance which clings to the hands when handled. Old hops, and those improperly dried, are practically worthless.

Hops are tonic, anodyne, and have a tendency to quiet the nerves and promote sleep.

The HOP PILLOW is a deservedly popular domestic remedy for *sleeplessness* and *nervousness*.

To make a hop pillow, fill a small pillowcase with hops which have been sprinkled with alcohol to liberate their active principle.

The HOP POULTICE is well adapted to painful inflammations, especially *ear-ache*, *face-ache*, and local pains.

HOP TEA is made by pouring a pint of boiling water over one-half ounce, or a small handful, of hops. *Dose*, from one-quarter to one-half teacupful.

A mixture of Hop and Red Pepper teas is one of the best remedies to satisfy the *alcoholic appetite* or to quiet the nerves and stomach after *alcoholic excesses*. Hop tea freely drank will prove of great benefit in *delirium tremens*.

Tincture of Hops, dose one teaspoonful, is seldom used, *Tincture of Lupulin* being more active, and the latter should be selected when such a remedy is indicated.

HOREHOUND—*Marrubium Vulgare*.

This herb is too well known to need description; it is used chiefly in *diseases of the throat and lungs*, but it is very limited in its effect. It is somewhat tonic, and may be given in infusion

(one ounce to one pint of boiling water), in one to three tablespoonful doses.

It is used principally in the form of *home-made syrup* and *candy* for *coughs* and *colds*, but as the stomach and digestion are generally deranged in such cases—a condition increased by syrups and candies—it is always questionable whether such things do not aggravate rather than cure the difficulties for which they are used. The same inference will apply to the use of all cough candies.

HYDRANGEA.

Hydrangea, or Seven-Barks, grows in most parts of the United States; the root is the part employed in medicine.

It was first introduced as a remedy for *gravel* or stony deposits in the bladder. It was claimed that it would, by some peculiar powers, remove such accumulations very thoroughly. While it has not maintained the reputation it at first gained, it has been more or less prescribed in connection with other medicines for the above complaints.

The patent medicine called "Seven-Barks" bears, we presume, but little relation to Hydrangea.

Fluid Extract, dose, one-half to two teaspoonfuls.

HYOSCYAMUS.

Hyoscyamus, also known as *Henbane*, is used to a considerable extent in medicine. It grows both in Europe and America, and all parts of the herb are active, the seeds and the leaves being the chief source of medicinal preparations.

It is a powerful narcotic, and in large doses will cause death.

It is used in medicine to *promote sleep*, *allay cough*, and *control nervousness*.

It possesses one decided advantage over opium, namely, it is somewhat laxative, while opium has a tendency to constipate the bowels. It is often very happily combined with cathartics to modify their drastic properties and aid their cathartic action.

It has proved to be of great service in *insanity* and *chronic mania*, in fact, it exercises a marked control over *delirium*, whether it be the result of alcohol, over-excitement, or acute disease.

It is a valuable addition to cough mixtures, especially when intended for coughs of a nervous type, such as *whooping-cough*, *asthma*, and the various *dry, tickling night coughs* of a chronic kind.

There are several preparations of this drug, the best one, however, being the *Tincture of Hyoscyamus*; dose, five to fifteen drops.

HYPOPHOSPHITES.

For a number of years, Hypophosphites of Lime, Soda, and Potash, chiefly in the form of syrup, have been prescribed to a large extent for scrofulous, rickety, and tubercular diseases. Clinical experience has, however, failed to prove in them any remarkable virtues.

Many compounds are on the market, several of which have received, not only popular, but professional endorsement.

"Fellows' Compound Syrup of Hypophosphites" is perhaps the most noted. It is a very commendable preparation, and is composed as follows. Each teaspoonful contains—

A—490.

Hypophosphite of iron,	2 grains
" quinine,	$\frac{1}{2}$ grain
" strychnia,	$\frac{1}{64}$ grain
" lime,	1 grain
" manganese,	1 grain
" potash,	2 grains

The Druggist's "National Formulary" gives a number of excellent prescriptions containing these agents, and every competent druggist can compound syrups fully equal to any on the market. Any of them are well worth a trial.

ICHTHYOL.

Ichthyol is a thick, dark semi-liquid substance with a somewhat disagreeable odor, made from fossil fish deposits from the Tyrol mountains. It is soluble in water, but is chiefly used in the form of ointments. Its stain can be washed from clothing.

Ichthyol is a remarkable remedy for many diseases. It is somewhat irritant when applied pure. An ointment composed of equal parts ichthyol, lanolin and petrolatum is a good combination, or it can be mixed with glycerine, olive oil or water to suit, and its odor disguised by oil bergamot, eucalyptus, rose or citronella.

It is used with almost uniform success for *acute* and *chronic rheumatism* when localized and painful, *neuralgia*, *sprains*, *abscesses*, *boils*, *erisipelas*, *chronic skin diseases*, *frost bites*, *lymphatic swellings* and *chronic enlargements*. It is one of the best absorbents we have.

INHALATIONS.

This mode of treating affections of the nose, throat, and lungs, possesses advantages, recognized by all. The treatment consists in inhaling medicines in a finely divided form. It may be practiced by inhaling medicated steam; the spray from an atomizer, or in the form of vapor of volatile substances.

STEAM ATOMIZERS were formerly much used; but the SPRAY or the INHALING TUBE, BOTTLE, or other inhalers, have largely taken their place.

In every drug store may be found various kinds of spray producers and inhaling apparatus. As a rule, the simplest are to be preferred. The best of them require care to keep them in working order.

Robinson's Inhalers are among the best. They consist either of a single nose piece, or of a perforated cone, containing a sponge, fitting over the nose and held in place by rubber loops caught over the ears. The medicament is dropped upon the sponge and breathed for five or ten minutes. There are also various *Inhaling Tubes* on the market, in the cavity of which is placed the medicine to be inhaled. None but volatile substances are suited to the inhalers and tubes, while non-volatile remedies may be conveyed to the throat, etc., by means of the spray or atomizer.

Among volatile articles, those most used are: *oil of eucalyptus, terebene, menthol, tar, carbolic acid, camphor, and iodine*. The volatile properties of these drugs are increased by the addition of alcohol, ether and chloroform. Heat also greatly favors vaporization. The inhaling tube filled with *menthol* is a very pleasant and effectual inhalant.

The *Chloride of Ammonia* inhaling apparatus consists of a wide-mouthed bottle, within which is a small vial of aqua ammonia, and one of muriatic acid. The chlorine from one vial unites with the ammonia of the other and passes off as white fumes—chloride of ammonia—which is inhaled by the patient from the tube, through the cork. This is a very effectual way of medication.

Catarrh, chronic sore throat, bronchitis, and hoarseness, which resist other modes of treatment, are often cured by the use of inhalations; yet the use of these articles is often practiced to an extreme.

RECTAL INJECTIONS.

Injectations into the bowel, also called *Enemas*, *Clysters*, or *Lave-ments*, consist of forcing liquids into the bowel with a syringe. They may be used to cause a passage of the contents of the bowel, to stop hemorrhage or bleeding, to change the condition of the parts as in dysentery, or to nourish the body, as in low forms of disease, or when it is impossible to take nourishment by the mouth. Most injections are given to produce a cathartic action. When from a pint to a quart of cold or warm water is thrown into the bowel it generally produces an evacuation in from three to fifteen minutes; cold water acts more quickly than warm, but warm water softens the contents of the bowel much better than cold.

Not much need be said about syringes. I have sold hundreds of them, and none are perfect. Of course, the better the material the longer they will last. As a matter of choice, the bulb is preferred to the fountain, and I believe it possesses many advantages over the latter kind. I have always tried to avoid those kinds which are accompanied by a great number of tubes or other machinery, as the more simple kinds are less apt to get out of order. A fountain or piston syringe is to be preferred in giving oily or mucilaginous substances.

An *Infant's Syringe* consists of simply a bulb and nozzle without any tubing, and is very useful in the constipation of children.

When an injection is to be given, the patient should be placed on the left side, if the injection is to be large, and the syringe filled with the liquid or "started" before being introduced into the bowel. The forcing should be easy and regular, and from a reservoir which will indicate about how much is being injected. No violence should be used, and if large quantities are ordered injected by a physician, he should attend the operation himself, or leave explicit directions.

As a rule, from one pint to one quart is sufficient for an adult, but two quarts or more are often used, in which case the liquid should be warm. From one to six ounces is enough for a child. It is always best to lubricate the nozzle with vaseline or lard before inserting it. The habitual use of injections is not to be encouraged, as it robs the bowel of important secretions, tends to destroy its tone, and renders the practice in future a necessity. An advertising charlatan some time back, through the medium of a plausibly-written pamphlet, caused what might be called an

"injection craze," by charging three dollars to advise people to habitually indulge in the practice. The practice, however, when kept within reasonable bounds, is quite commendable.

When water is administered to produce cathartic action, it may be made more active by the addition of *soap, salt, molasses, oil* or other substances. A tablespoonful of either of the above, or, what is better, a tablespoonful of *Epsom salts* added to water, will greatly promote its action.

Washing out the rectum with warm or cold water is one of the most rational and effective methods of treating *dysentery*. In *cholera infantum* and *cholera morbus* it is often extremely important to administer anodynes per enema. Laudanum or other anodynes can often be administered in this way, in starch or gruel, with the most happy effect.

A decoction of quassia chips used as an injection is perhaps the very best plan possible to destroy *seat worms*.

Nutritive injections belong to professional practice. They are not often resorted to. When tried they should not be given oftener than every four hours, and as the bowel has no digesting powers, all food should be predigested by the use of pepsin, pancreatin, etc.

Peptonized milk or beef are perhaps the best articles for a rectal diet.

IODIDE OF POTASSIUM.

IODIDE OF SODIUM.

IODIDE OF AMMONIUM.

IODIDE OF CALCIUM.

The above are the "IODIDES" of medicine. They are very similar, but the IODIDE OF POTASSIUM, commonly called *Iodide of Potash*, is the one chiefly used.

Iodide of Soda is supposed by some to be more acceptable to the stomach. *Iodide of Ammonia* is supposed to be somewhat more stimulating, and *Iodide of Calcium* is supposed to be somewhat milder, and less apt to derange the stomach.

These opinions are largely hypothetical, and there are few reasons why Iodide of Potash cannot answer most cases where an iodide is called for.

Iodide of Potash is found in the stores in crystal or granular form, and is a remedy of very broad application.

It forms the basis of most of the proprietary "*sarsaparillas*," "*blood purifiers*," and "*alteratives*."

Each bottle of *Ayer's Sarsaparilla* contains about ninety grains,

and we suppose this is about the strength of other brands upon the market.

Iodide of Potassium is pre-eminently the alterative and resolvent of the *Materia Medica*. In dispelling *morbid* growths and accumulations in the body, whether liquid, tissue, or bone, nothing is so effective as Iodide of Potassium. Where there is a tendency to unhealthy growths of the glands, or bony structures, whether inherited or acquired, *unhealthy deposits*, following such diseases as scarlet fever, measles, or rheumatism, and where a remedy is needed to dissolve and eliminate the humors, iodide of potash occupies a foremost position among medicines.

In diseases of the bones of *syphilitic* and *scrofulous* origin; in *chronic ulcerations*, *inflammations*, *enlargements*, *metallic poisons*, *chronic skin diseases*, *chronic rheumatism*, *neuralgia*, *asthma*, in fact in nearly all cases where disease has become a settled condition—nature having abandoned the effort to repair—Iodide of Potassium is the palladium in the hands of the medical practitioner.

Being a medicine of much activity, it is extremely important that it be given in the right way, and at the right time. Sometimes it deranges the stomach and irritates the membranes of the nose, but these effects are generally temporary.

It is best taken with Compound Syrup of Sarsaparilla, and the dose is from three to fifteen grains, three times a day, taken at meal time; about ten grains is the usual dose.

In *chronic rheumatism*, especially of the joints and muscles, in *chronic neuralgia*, *sciatica*, and *rheumatic gout*, it is universally prescribed. In many cases of *asthma*, it acts admirably. In *chronic syphilis* no remedy is so much used. *Lead poisoning* is greatly benefited by it. *Chronic bronchitis*, *catarrh*, and the lingering remnants of *pleurisy* and *pneumonia*, are often greatly relieved by this remedy. *Goitre* is almost curable by the use of Iodide of Potassium internally, and the tincture of iodine externally.

Thirty to sixty grains to the pint of water forms a good gargle in simple *sore throat* and *tonsillitis*. *Aneurisms* are often cured by Iodide of Potassium.

The dose of the other iodides is the same as that of the potash salt.

SYRUP HYDRIODIC ACID has lately been used instead of the Iodides, being advertised as more agreeable to the stomach and possessing all the virtues of the Iodine.

It is very liable to change, and, if used, the fresh syrup should be procured, and kept in a dark, cool place, securely corked.

SYRUP OF IODIDE OF IRON.

Syrup Iodide of Iron is a transparent, greenish syrup, with a sweetish, ferruginous taste.

This syrup has, for a generation, enjoyed a reputation as a tonic and alterative, especially adapted to cases of *impoverished blood*, with *scrofulous taint*.

Especially has it been used in scrofulous children; but it is questionable whether or not it deserves the praise it has received. It well deserves a trial where indicated.

When given, it should be well diluted with water, and as it is injurious to the teeth, the mouth should be well washed after its administration.

Dose, for a child two years old, five to ten drops; for an adult, twenty to forty drops, three times a day.

TINCTURE OF IODINE.

Iodine, as used in the family, is the *Tincture of Iodine* of the stores. Pure Crystal Iodine is seldom or never used.

Tincture of Iodine is used almost exclusively as an external application. It should be applied with a camel's hair pencil, or feather, and if the tincture irritates the skin too severely, it may be diluted one-half with alcohol.

COLORLESS TINCTURE OF IODINE is often called for, but it is in no sense equal to the dark colored.

The skin of some persons is very susceptible to Iodine, and it is well to begin lightly in using it. Its stain may be washed off with alcohol or ammonia.

It is used with marked success in *enlarged glands*, especially of a chronic, scrofulous nature, *goitre*, and all *inflammatory swellings*, applied before the formation of pus. It is an effectual application to *soft corns*.

In *chronic catarrhal affections*, *lung troubles*, whether *pneumonia*, *pleurisy*, or *consumption*, it is of great service as a counter-irritant when applied over the painful parts of the chest.

Rheumatism and *erysipelas* are often greatly relieved by its use, but in the latter disease, it should be well diluted. Other preparations of Iodine are mentioned elsewhere. They form an important factor in the cure of disease.

IODOFORM.

Iodoform, a yellow powder, containing a large percentage of iodine, and having a disagreeable odor, is largely used as an external remedy. It is one of the best remedies dusted on *old and painful ulcers*, whether *syphilitic, cancerous, strumous, or indolent*, such as *sore leg*, and *suppurative surfaces*.

Sprinkled on *cuts and flesh wounds* of all kinds it prevents unhealthy action and hastens the healing process.

IODOL.

Iodol, a yellowish-brown, tasteless, and odorless powder, is quite similar to iodoform in its effects. It may be used in many cases where the odor of iodoform would be objectionable.

It is often applied in powder form, with good effect, to the *throat* and *larynx*, when ulcerated.

ARISTOL.

Aristol is a combination of iodine and thymol, and has been much advertised as a substitute for iodoform in surgical dressings; it can be used in all cases where iodoform is indicated. The greatest advantage it possesses over iodoform is that it is almost free from odor; but it is much more expensive.

Aristol ointment, made by rubbing up from thirty to sixty grains with one ounce of vaseline, is an effectual remedy for obstinate diseases of the skin, especially those of the scaly variety.

IRON—Ferrum.

Iron, as a medicine, needs no introduction to the most ignorant. That "iron is a tonic," every one believes, but beyond this, the people are quite ignorant of its effect on the human system.

Iron is a natural constituent of the blood, the color of which is dependent upon the iron it contains, and it is a food as well as a medicine.

There is nearly one-fourth ounce of metallic iron in each human being, acting as a very essential portion of his economy; he could not live an instant without it. The advertisements of patent medicine venders have kept the people informed in regard to the importance of iron in the system, and it is unnecessary to enter into a physiological discussion.

Iron is *tonic* and *astringent*. It is well to remember these two qualities, because the *constipating* effect of iron preparations is the greatest objection to their use, and must always be considered in their administration. Tincture of iron is specially constipating, and many persons find it impossible to take it on this account.

In taking iron, therefore, those preparations should be chosen, which do not produce this effect, and each individual case must decide the matter.

As remarked above, iron is *tonic* in its effect—pre-eminently so—not only as an immediate, but as a permanent tonic. By its own presence it supplies an important constituent of the body, and by its tonic action it increases the appetite, aids digestion, and exerts a constructive influence on the whole body.

It should not be given in inflammatory diseases, or during fever.

Iron, more than any other remedy, is useful in impoverished conditions of the blood, known in medical parlance, as *anæmia*, the symptoms of which are paleness, debility, and weak circulation. This condition is found in an endless number of cases in every community. The blood-making organs seem to be deficient in many people, and such are naturally anæmic, and where such predisposition exists, all debilitating influences, such as malaria, close confinement, long hours, scanty food, poorly ventilated houses, constipation, in fact, everything which lowers the physical vigor, tends to deteriorate the quality and quantity of the blood. Such persons, by a judicious and persistent course of iron, might experience great benefit therefrom.

In *malaria*—in connection with quinine, and perhaps strychnine and arsenic—one of the best possible tonic compounds is formed.

Experience has convinced me, that giving small doses for a long time, is the only way for procuring the full benefit of iron preparations.

REDUCED IRON or *Iron by Hydrogen* is one of the best preparations. Dose one to five grains. It can be procured in pill form. It produces eructations, which makes it somewhat objectionable. It is but slightly constipating and agrees with most people.

DIALYZED IRON is a dark red liquid, and has been much used of late years, instead of the tincture of iron, because it is claimed that it does not constipate the bowels. This is not altogether true, though it is much less astringent than the tincture. It is almost tasteless—harmless to the teeth—and is a good preparation of iron to take. It is claimed that it is quite feeble in its action, owing to the difficulty with which it is absorbed, yet it is unques-

tionably taken up by the system, and deserves a trial, where iron is indicated.

It should not be mixed with other medicine; the *dose* is ten to thirty drops. It is a good *antidote* for *arsenical poisoning*, for which purpose it can be swallowed in tablespoonful *doses*, repeated every half hour, until several doses are taken.

TINCTURE OF IRON, *dose* five to twenty drops, is one of the best preparations, and the most used of any, but is astringent. It is injurious to the teeth, and care should be exercised in cleansing them after taking it. Taking it through a glass tube is a good plan.

In weak, pale, rheumatic subjects, *attacks of rheumatism* may often be warded off, and the tendency to the disease cured by a timely use of the *Tincture of Iron*.

In such diseases as *erysipelas* and *diphtheria*, where a decided impression on the blood is necessary, *Tincture of Iron* acts most happily.

It is a valuable astringent in *chronic mucous discharges*, such as *leucorrhœa* and *chronic diarrhœa*; *urinary irritation* is often relieved by it, for which purpose, Basham's mixture is to be preferred.

Tincture of Iron may be used to stop local hemorrhages.

BASHAM'S MIXTURE, when freshly made is an elegant preparation of iron, especially where a *diuretic* influence is desired. *Dose*, one teaspoonful to one tablespoonful.

There are many *compounds*, containing iron, found in drug stores.

BITTER WINE OF IRON is well adapted to many cases where a mild stimulant is desired.

The "BEEF, IRON AND WINE" so largely advertised is not worthy of the reputation it has gained.

AMMONIO-CITRATE OF IRON, IODIDE OF IRON, and CITRATE OF IRON AND QUININE, are all used in special cases.

SULPHATE OF IRON, commonly called *Copperas*, is much used as a disinfectant.

Sulphate of Iron, *purified*, *dried*, and *powdered*, and made into pills, either alone, or in combination with quinine, strychnine, arsenic, etc., serves a most excellent purpose.

Pills of Carbonate of Iron (Vallet's Mass), may be used in the same way as the sulphate.

IPECAC—Ipecacuanha.

Ipecac is a native of Brazil, and is sold in the stores in the form of *Powder*, *Fluid Extract*, *Wine*, and *Syrup*, and in various combinations.

It is an exceedingly valuable remedy, and is widely used both in professional and domestic practice.

Ipecac is *diaphoretic*, *expectorant*, and in large doses it acts as an *emetic*.

It has a specific action on the *bronchial mucous membrane*, and also on the secretions of the *liver* and *alimentary glands*. Sometimes it acts on the *bowels*.

It is much used as an emetic in *croup*, and to relieve the stomach in *acute bilious attacks* or *sick headache*.

Its relaxing effect is often very serviceable at the beginning of *eruptive diseases*, often greatly modifying the subsequent force of the disease.

As it empties the stomach without causing much prostration, it is a very *safe emetic*, especially adapted to the diseases of childhood. Where more energetic emetics are called for, as in membranous croup, other agents, such as sulphate of zinc, Turpeth mineral, or alum, are preferred.

Ipecac enters largely into the composition of Expectorants and *Cough Mixtures*. Indeed, for general use, no remedy is better adapted for such purposes. It is safe, effectual, and its general effect on the system is often very salutary.

It is rather remarkable, but a fact well worth knowing, that *wine of ipecac*, one or two drops every half hour or hour, will often *relieve vomiting* in a very short time: especially is this true of vomiting caused by nervousness, such as that attending *pregnancy*, *headache*, etc.

In ordinary *colds*, either in children or adults, syrup of ipecac, either simple or compound, taken at night, in doses sufficient to produce slight nausea, but not vomiting, is not only very effective, but a thoroughly scientific treatment, and is within the reach of all,—indeed, it is *the* remedy during the first stages of a *cold*, accompanied by a tight cough.

Ipecac was originally used as a remedy for *dysentery*, over which it exercises a marked control. When used in small doses, a *tolerance* is rapidly gained, and instead of acting as an emetic, it stimulates the liver and acts as a cathartic, often proving a rapid cure for *dysentery of a bilious type*.

Many of the laxative pills prescribed contain ipecac, the virtues of which are thereby much improved.

As an emetic, *Ipecac* may be given in *doses* of thirty grains of the powder every twenty minutes, until the desired effect is produced. For a child one year old, the emetic dose is five grains. Large draughts of lukewarm water aid and hasten its action.

SYRUP OF IPECAC.—*Dose* for child six months old, five drops;

one year old, ten drops; two years old, fifteen drops; four years old, twenty drops; ten years old, thirty drops; adult dose, one teaspoonful; dose as an emetic for child, one teaspoonful, repeated if necessary.

WINE OF IPECAC.—*Dose*, same as the syrup.

FLUID EXTRACT.—*Dose*, as an emetic for adult, twenty to thirty drops.

There are lozenges sold in drug stores, containing ipecac, which are used in *catarrh*, and for their local effect on the *throat*.

JABORANDI—*Pilocarpus*.

Jaborandi is a Brazilian plant, and is much used by the profession as a diaphoretic, or sweat producer. It possesses remarkable power in this respect; the perspiration, after a full dose has been taken, sometimes amounts to a pint, consequently it is much used in *dropsy*, and in other diseases where a profuse perspiration is desirable. It is not, however, suited to popular use, and is mentioned here simply because it is a valuable drug. The *fluid extract* is chiefly used; *dose*, five to forty drops.

Jaborandi is said to be a remarkable tonic for the scalp, and some specialists claim that it is the best remedy we have to prevent the hair from falling out.

The active principle, *pilocarpine*, is chiefly prescribed by the profession, instead of preparations of the crude drug.

JALAP—*Jalapa*.

Jalap is an efficient cathartic. It has been used a great deal in connection with calomel; but, fortunately for humanity, "Calomel and Jalap" is seldom heard of now. Jalap is used by physicians in *dropsy*, as it causes profuse watery stools.

It is generally given with Cream of Tartar or Squills, but very rarely alone.

The *dose* of Jalap is five to twenty grains in powder form. It is only called for in special cases, and is properly restricted to the profession.

COMPOUND JALAP POWDER, a mixture containing about one-third powdered jalap and two-thirds cream of tartar, forms a very desirable mixture for dropsical affections. *Dose*, ten grains to one teaspoonful.

The old-fashioned "Compound Cathartic Pills" contain one grain each of abstract jalap.

JUNIPER.

Juniper is a native of Europe, but grows in dry woods and hills of this country.

The BERRIES are the part used in medicine. They have a special action on the *kidneys*, and have been much used in *dropsical* affections.

Infusion of Juniper Berries is made by pouring one pint of boiling water over one ounce of bruised berries and occasionally stirring it for half an hour, and then straining. The diuretic qualities of the above may be greatly enhanced if one-half ounce of Cream of Tartar be added. Half a pint of this mixture may be taken in divided doses during the twenty-four hours. The Juniper Berries and Cream of Tartar produce a much better result together, than either alone.

Compound Spirits of Juniper is very similar to "*Holland Gin*," and is sometimes recommended for chronic kidney affections of elderly persons, but it should never be used except as prescribed by a physician.

KOUMISS.

Koumiss, or koumyss, was originally made from mare's milk, but all that is manufactured in this country is made from the milk of the cow. It must be carefully made and drank when it is about three days old, to prove pleasant and wholesome. Each pint of good koumiss contains about two ounces of solid food.

It is often remarkably acceptable to the stomach of the sick, and can often be taken with impunity in *gastralgia* and other stomach disorders, when all other kinds of food are rejected. It improves the appetite, is somewhat diuretic, and induces sleep at night without causing the headache so apt to follow the use of milk. It is especially useful during convalescence and acute gastric troubles.

Care must be taken in transferring koumiss from the bottle to a glass, as it is under high pressure. If the cork is drawn carelessly, the contents are apt to fly all over the room. To prevent this, it should be thoroughly cooled, and the cork pulled while the bottle is erect, and the contents free from foam. The best thing to use, however, is a "champagne tap," which can be inserted through the cork, and the contents withdrawn at pleasure. Koumiss should be kept on ice, or in a cool place, and used when it is not too fresh or too stale.

There are preparations on the market with which to make

koumiss extemporaneously, and some of them serve an excellent purpose. None of them, however, furnish so palatable or wholesome an article as that made in the regular way by the druggist.

LANOLIN.

Lanolin is made from the oil or fat from sheep's wool. The former objection to its woolly or sheepish odor is now largely overcome, as recent samples are quite odorless. Lanolin differs from most oils and fats in that it readily mixes with one-half its weight of water or glycerine, and, when applied to the skin, penetrates very rapidly and gives up any medicament which it may contain. When it is desired to apply some medicine to a part in an ointment, lanolin is far preferable as a base to vaseline, but it is not so good a protective to the skin. Aside from the above qualities, it is in no way superior to vaseline, suet, or other fats.

LAVENDER—*Lavandula*.

The fragrance of Lavender Flowers is well known to all. They are used to perfume wardrobes and other apartments, by being placed therein.

As a medicine, Lavender is a stimulant, aromatic and carminative.

Compound Spirits of Lavender is composed of oils of lavender, rosemary, cinnamon, cloves, and nutmeg. It is an admirable remedy, either alone or in combination with other medicines, for *flatulence, nausea, stomach pains*, and as a general corrective.

Oil of Lavender fills an important place in the manufacture of perfumery. There is a great difference in the quality of it as found in the stores. A few drops of oil of lavender sprinkled in a bookcase will prevent a library from mould.

"*Lavender Water*" or *Spirits of Lavender*, a very fragrant and lasting toilet perfume, is sold in the stores. It is one of those things in which the exquisite quality of the odor depends upon the honesty and skill of the pharmacist.

SUGAR OF LEAD—*Plumbi Acetas*.

Sugar of Lead, so-called on account of its sweet taste, is largely used by the profession, especially as an external application.

Internally, it is an astringent and sedative, used principally in *bowel troubles* and *hemorrhages*.

LEAD WATER, made by adding one teaspoonful of Goulard's Extract to a pint of water, is used universally as an application to *local swellings, painful and fevered inflammations*; and also in many *skin diseases*.

LEAD WATER AND LAUDANUM is preferable where there is much pain.

It may be applied on cloths, or, when desired, it may be sprinkled over the face of a poultice, before applying it. By this means a poultice can be rendered quite anodyne in its action, and also more active in subduing inflammation.

One or two grains of Sugar of Lead in one ounce of *Rose Water*, is sometimes used as an *eye-wash* for *sore eyes*, but Sugar of Lead is not so good as some other articles, as a base for eye lotions.

WHITE LEAD rubbed up with Oil, or with Cerate; or, the pure white lead ground in Linseed Oil, as used by painters, is an excellent application to *burns, scalds*, and many *skin diseases*, when the skin is unbroken.

Much of the lead water mixed in the household is made entirely too strong, and acts as an irritant. A quarter of an ounce of the crystals or powdered Sugar of Lead to a quart of water, is as strong as it should ever be used.

All preparations of Lead are poisonous.

Sugar of Lead enters into the manufacture of *hair preparations*; and while their occasional use is harmless, such preparations are not safe for continual use.

LICORICE—Glycyrrhiza.

Licorice Root, and *Black Licorice* or *Extract of Licorice*, occurring in black rolls or lozenges, are well known drug store staples.

Licorice has a very pleasant sweet taste, is mildly laxative, and demulcent, and is a valuable addition to throat and pectoral mixtures.

The root is often chewed for *sore throat*, *hoarseness*, *coughs*, and *bronchitis*, and I am quite sure that it is superior, for these complaints, to the various cough lozenges and drops with which the market is flooded.

The Black Extract is preferred to the root by many, and it is largely used for the above complaints.

On account of its sweet taste licorice is often used to disguise the taste of other medicines, such as quinine. Those who take black licorice for colds etc., generally use it too freely.

BROWN MIXTURE (a liquid preparation) containing licorice, wine

of antimony, paregoric and sweet spirits of nitre, is a very valuable remedy for *coughs, colds, and bronchitis*. Dose one to three teaspoonfuls.

COMPOUND LICORICE POWDER is a well known laxative. It contains powdered licorice root, senna and sulphur; dose one to two teaspoonfuls. It is an excellent combination and operates without causing much pain; I have sold hundreds of pounds of it over the drug counter, and few medicines give better satisfaction.

CHLORIDE OF LIME.

Chloride of Lime is usually sold in paper boxes, hermetically sealed. It is used almost entirely for its disinfectant and deodorizing properties. A weak solution is sometimes used as a gargle in *putrid sore throat*, and as a *mouth wash* in *offensive breath* and *ulcerated gums*.

As a *disinfectant*, it is used for cellars, water closets, cesspools, ships, etc. Until needed for use it should be kept from contact with the air, as it loses its strength when exposed.

It may be either sprinkled around in powder form, or dissolved in water and the solution used. As it is somewhat offensive to the smell and a strong decolorizer, the solution is unsuited to use where the sick are, or where clothing or other material is apt to become spotted with it.

Chlorinated Lime may be used to *purify drinking water*, as on shipboard. For this purpose one or two ounces should be put into sixty gallons of water, and allowed to settle while exposed to the air, before it is used.

Directions for using chloride of lime accompany the package in which it is sold from the drug store.

LIME WATER—Liquor Calcis.

Lime water is a saturated solution of Lime and water, and is made in the following manner: Gradually slake quick lime by adding sufficient cold water, stir it thoroughly and allow it to settle; then pour off the clear liquid, putting the soft lime thus slaked into a bottle holding a quart or more, filling it one-fourth full; keeping it full of pure water and well corked. It should be occasionally shaken and allowed to settle; the clear liquid only should be used. Druggists keep it on hand filtered, ready for use.

Lime water is the best possible remedy for nausea and sick stomach, except in acute gastritis, and as it is not only quieting to the irritated stomach, but antacid, astringent, and tonic, it is specially adapted to the treatment of *diarrhœa* and *summer complaint*. In *dyspepsia*, with *vomiting* and *acid stomach*, it is often extremely useful, and *Lime Water* and *Milk* may often, with great advantage, form the entire diet. In vomiting, it should be mixed with equal parts of milk—which completely disguise its taste. Give one or two tablespoonfuls every half hour.

As it prevents milk from coagulating, it is often combined with that fluid when used as a food for infants, or for adults with weak stomachs.

Lime Water has been found to be an excellent wash for *scald head*, and it is said that ulcers have a tendency to discharge less, when lime water is applied to them.

LIME WATER AND SWEET OIL is a favorite application—and a good one—to *burns* and *scalds*.

Lime water when inhaled has the power of softening and dissolving the *false membrane of croup* and *diphtheria*. It may be applied by the use of the atomizer, or the patient may breathe the vapor of slaking lime through a funnel. The process should be repeated every two or three hours, and continued each time for a few minutes.

LIVERWORT—*Hepatica Americana*.

Liverwort, *Liver Leaf* or *Kidney Liver Leaf*, an indigenous plant, growing in the woods of the United States, is more or less used in domestic practice, which is due, no doubt, to the suggestive name which it bears.

It is feebly tonic and astringent. It is often added to other medicines intended to regulate the action of the liver and other secretions, but its value is very questionable.

Fluid Extract.—Dose, one-half to one teaspoonful.

LOBELIA—*Lobelia Inflata*.

Lobelia, or *Indian Tobacco*, is a very common plant, and is used to a considerable extent as a domestic remedy.

Its effects are somewhat similar to that of tobacco, and in large doses it is a very harsh remedy.

I have often sold it to be used as an expectorant and emetic for children in *croup* and other affections, but it is not a safe remedy,

and sometimes produces alarming symptoms when given in doses large enough to produce vomiting.

It can be combined to advantage with other medicines in *cough mixtures*, and for spasmodic affections such as *croup* and *asthma*. It sometimes proves very efficacious in asthma.

The best preparation is the *tincture*, the *dose* of which is from ten drops to one teaspoonful for an adult. About fifteen drops every hour until relief is obtained, is the best mode of administration in asthmatic attacks.

An *infusion*, one ounce of the herb to one pint of water, will sometimes cure the *eruption* caused by "*poison oak*," or "*poison vine*," when applied locally.

It is usually an ingredient of *asthma fumigators*.

LOVAGE ROOT.

Lovage root is a stimulant aromatic, sometimes added to cathartic medicines for its carminative qualities. It is no doubt void of any marked medicinal value. The root is sometimes chewed to *sweeten the mouth* and breath.

LYCOPODIUM.

Lycopodium, as found in the stores, is a pale yellow, exceedingly mobile, fine powder. It is the seeds of the *club-moss*. It is odorless and tasteless. It has no affinity for water, and is very useful at the prescription counter to dry the surface of pills, suppositories, etc. I have sold large quantities of it during the past few years to be used as "*Baby Powder*," and to dry the surface of bed-sores, for which purpose it seems to be well adapted.

MAGNESIA.

Magnesia is found in the stores in a variety of forms, the chief being as follows:—

1. HEAVY CALCINED MAGNESIA.—A white, rather heavy powder, well suited as a laxative for children. Dose, one-third to one teaspoonful.

2. LIGHT CALCINED MAGNESIA.—A white, very light mobile powder. Dose, one-half to one teaspoonful.

3. CARBONATE OF MAGNESIA occurs in lumps or cubes, used as an antacid.

4. SOLUTION OF CITRATE OF MAGNESIA.—An effervescent liquid sold in twelve-ounce bottles. Dose, one-half to one bottle.

5. GRANULAR EFFERVESCENT CITRATE OF MAGNESIA.—Dose, a heaping tablespoonful.

CALCINED MAGNESIA is an antacid and laxative, and it is a valuable domestic remedy. It is much employed in *headache*, *constipation* and *diarrhœa*, especially when accompanied with an acid condition of the stomach and bowels.

Many disorders of the system, such as gout, urinary, and skin diseases, are the outgrowth of an acid condition of the bowels—a condition which magnesia is well calculated to overcome. But it should be stated that taking magnesia for acidity is not to be carried too far. Powdered or lump magnesia is not suited to prolonged use, as it is liable to accumulate in lumps in the bowels, and prove a serious obstruction.

Milk is the best vehicle in which to give it to babies. Dose of the powder for an *infant* is one-fourth to one-third of a teaspoonful.

SOLUTION CITRATE OF MAGNESIA is made by the druggist, and sold in bottles containing three-fourths of a pint. It is probably the most pleasant to the taste, the most agreeable to the stomach, and in many respects, the most acceptable *laxative* and *cathartic* compounded.

It sometimes gripes, and is not suited when the bowels are inflamed. One-half a bottle is a laxative, and an entire bottle, a purgative dose.

GRANULAR CITRATE OF MAGNESIA is also sold in the stores, the *dose* of which is a heaping tablespoonful in water, taken during effervescence. I have sold it for years, and it gives excellent satisfaction. It is well adapted for travelers, and seafaring men, as it is less bulky than the liquid preparation.

MALE FERN—*Aspidium Filix Mas*.

Male fern, an indigenous plant, is often prescribed for the removal of *tapeworm*. The *Oleoresin* is usually administered. It is a dark, thick, somewhat bitter liquid, and the *dose* is from one-half to one teaspoonful.

The patient should limit himself to a light bread and milk diet for one day, and the following morning take two full doses of the oleoresin, three hours apart. At noon the patient may eat his dinner, and in the evening a brisk cathartic should be taken.

Male fern is quite irritant in over-doses, and it is well to use it only under the supervision of a physician, in order that he may

better direct the requirements of each individual case. Pumpkin seeds should always be tried before resort is made to other remedies for tapeworm.

MALT.

During the past few years preparations of Malt have been widely advertised as remedial compounds, and especially as tonic and constructive agents. It is sometimes prescribed in powder and granular form, but the preparations most used are the Liquid Malts and the thick syrupy compounds—Malt Extracts—of which there are many on the market. They are entitled to some commendation, as the *diastase* and other substances which they contain are, under certain conditions, valuable aids to digestion.

Liquid Malt, or *Extract of Malt* in liquid form, as found in the stores, is a variable and often unreliable article; while many of the brands are excellent, some are little more than beer.

Extract of Malt is a thick, syrupy, honey-like substance, with a pleasant, sweetish taste and odor, and is to be preferred to the liquid preparations. That manufactured by Trommer, and also by the Maltine Manufacturing Company, are thoroughly reliable, and those in need of such articles will find either of the above brands entirely satisfactory. These manufacturers not only supply a plain extract but combine it with various agents, such as cod-liver oil, cascara, pepsin and pancreatin, hypophosphites, iron, quinia, etc. Thick extracts of malt emulsify with cod-liver oil, hence they are often prescribed together.

MANDRAKE—Podophyllum.

Mandrake, or *May Apple*, grows in Canada and the United States. The root is the part used, and it is a very valuable medicine.

The *fluid extract*—*dose*, five to twenty drops, is found in the stores.

PODOPHYLLIN, its active principle, is the preparation generally employed, the *dose* of which is from one-fourth to one grain.

Podophyllin exerts a special influence on the *liver*, and is often spoken of as the "*vegetable calomel*."

The vegetable cathartic pills, of which so many are sold, are very similar to the old-fashioned "U. S. P. Compound Cathartic," with the calomel left out, and podophyllin added as its substitute. These pills are less rapid and less active than the "U. S. P.," but are much to be preferred to the old variety as a general cathartic.

When given alone, podophyllin is from ten to twelve hours in operating. It causes more or less griping, and the stools are bilious.

Its action on the *liver* is as thoroughly established in therapeutics as that of calomel. It is well suited to administration alone, and minute doses of it are much prescribed as a *regulator* for the *liver* and *bowels*.

Pills containing from one-tenth to one grain can be procured, and the minimum dose, sufficient to produce the desired effect, should always be preferred.

Most of the patent pills, especially the "liver granules" and "cathartic pellets," are composed of this drug. In all cases of *dyspepsia*, *jaundice*, *constipation*, and *headache*, due to *torpid liver*, podophyllin is perhaps the best purgative.

It is to be hoped that it will render the use of calomel superfluous; it may, when its virtues become better known by the people.

MANGANESE.

Manganese is one of the metals, and is found in the form of the *Black Oxide of Manganese*. It is a well-known fact that several metals are found in the human system, and that iron is a very essential constituent of the blood. When iron is deficient in the vital fluid, other metals, and more especially manganese, will often seem to take its place, and their administration be attended with an improvement similar to that which takes place when iron is taken. The following is interesting:—

"Manganese exists in the soil of Scotland. It is taken up by the oat-plant, and thus conveyed into the blood of the Scotch, who feed on porridge; and Scotchmen are said to have manganese in their blood. Iodine exists in the bodies of Frenchmen, but not in the bodies of the Genevese. If these things are so, nationality can be ascertained by chemical analysis, and *manganese* may be an important constituent of the *man* of mental, moral and physical power; and *iodine* of the gay, polite, versatile, industrious and cheerful Frenchman."

The preparations of manganese are not suited to unprofessional hands. The black oxide and sulphate of manganese are occasionally prescribed; the first named to supply a deficiency of iron in the blood, and as a general tonic, and the latter as a liver tonic. The *dose* of either is from two to five grains.

MANNA.

Manna is chiefly used at the present day in combination with Senna, in the form of a *cathartic draught*.

It makes the Senna somewhat more pleasant to the taste, but I am not sure that the combination is more desirable in other particulars than senna alone.

When given alone as a laxative or cathartic it is apt to produce wind in the bowels, with more or less discomfort.

Dose for a child, about one-sixth of an ounce; for an adult, one ounce.

There is a great difference in the quality of manna. Flake manna, free from dirt, is the best. The main trouble about it is, most druggists sell so little of it that it is apt to get old and worthless while in stock.

MARSHMALLOW—*Althæa*.

The dried leaves, flowers, or root of this plant yield, when boiled in water, a demulcent drink, which is used by persons suffering from *coughs, chronic bronchitis, urinary diseases*, and irritation of the stomach and bowels. It is one of the ingredients of "*German Breast Tea*," which is used as a demulcent drink in catarrhal affections. Aside from its mucilaginous qualities, it possesses no medicinal virtue.

MATICO.

The leaves of this Peruvian shrub are used in diseases of the mucous membranes, especially of the genito-urinary tract. The leaves are astringent when locally applied. The *fluid extract* is sometimes used, both locally and internally, in discharges from the mucous membranes—especially of a venereal nature—and as an astringent in *leucorrhœa, menorrhagia, diarrhœa, spitting of blood, and bloody discharges*, from whatever source. *Dose of Fluid Extract*, one-half teaspoonful.

MEAT AND BEEF EXTRACTS.

Meat foods, chiefly in the form of Extract of Beef, are found in every drug store.

The preparations of Wyeth & Bro., Parke, Davis & Co., Liebig, and others, are thoroughly reliable and fill an important place in

the treatment of the sick. The popular idea of Beef Teas, however, is very erroneous. Their nutrient properties as usually prepared are very limited, but when properly prepared they are valuable tonics and stimulants in low forms of disease; and they also arouse the stomach and other digestive functions to renewed action. When Beef Tea is intended for adults, at least one pound of lean beef should be used to a pint of water; when it is for children, one-half pound is sufficient.

BEEF TEA may be made as follows:—

“Take one pound of lean beef, and mince it. Put it, with its juice, into an *earthen* vessel containing a pint of *tepid water*, and let the whole stand for one hour; strain well, squeezing all the juice from the meat. Place on the fire, and slowly raise *just to the boiling point, stirring it briskly* all the time. Season with salt and pepper to taste. In administering this, always be careful to stir up the sediment.”

Boiling causes coagulation of the albumen, and the food value of the preparation is lost. As a rule the extracts are to be preferred to beef in preparing beef tea, unless an extra quality of beef can be procured.

PEPTONIZED BEEF is made in the following manner:—

“Take a quarter of a pound of finely minced, raw, *lean* beef; cold water, half a pint. Mix in a saucepan. Cook over a gentle fire, stirring constantly until it has boiled a few minutes. Then pour off the liquor for future use, beat or rub the meat to a paste, and put it into a clean fruit jar with half a pint of cold water and the liquor poured from the meat, and add

Extracti pancreatis (Fairchild),	.	.	.	20 grains
Sodii bicarb.,	.	.	.	15 “

“Shake well together, and set aside in a warm place, at about 110° to 115°, for three hours, stirring or shaking occasionally; *then boil quickly*. The liquid may then be strained, or clarified with white of egg in the usual manner, and seasoned to taste with salt and pepper.

“In the great majority of cases it is not necessary to strain the peptonized liquor, for the portion of meat remaining undissolved will have been so softened and acted upon by the pancreatic extract that it will be in very fine particles, and diffused in an almost impalpable condition, and is, therefore, in a form ready for assimilation in the body.”

The market is flooded with preparations of Beef with other substances, under such names as “Beef, Iron and Wine,” “Beef

and Iron," "Beef and Cinchona," etc. As a rule such preparations cannot be commended.

MERCURY—Hydrargyrum.

Mercury, or *Quicksilver*, is a silvery colored liquid metal, thirteen and one-half times heavier than water. Its preparations have held an important position in the history of medicine; and although almost universal prejudice has existed against them, they are still used, and fill an exceedingly important place in modern treatment. Mercurials may be classed as "sharp-edged tools;" and unless they are carefully and skillfully handled they are apt to produce more or less harm.

There is an almost endless list of medicines made from mercury, the principal ones being—

CALOMEL—Dose, one-tenth to five grains. Also used in ointments.

BLUE MASS—Dose, one to ten grains.

MERCURY WITH CHALK—Dose, one to ten grains.

YELLOW OXIDE OF MERCURY—Used in ointments; five to forty grains to one ounce of ointment.

RED IODIDE OF MERCURY—Dose, one-eightieth to one-twentieth grain. Also used in ointments.

YELLOW SUBSULPHATE OF MERCURY—Turpeth Mineral. Dose, as emetic, two to five grains.

CORROSIVE SUBLIMATE—Dose, one-eightieth to one-twentieth grain. Also used as an antiseptic.

MERCURIAL OINTMENT.

BLACK WASH—(Thirty grains calomel, ten ounces of lime water). Used as a lotion to syphilitic and unhealthy sores and ulcers.

CALOMEL—Hydrargyri Chloridum Mite.

Calomel, while it has been largely used for generations, is a medicine against which the people are strongly prejudiced. It is resorted to much less frequently than formerly, and when used is prescribed in much smaller doses.

It is a heroic drug, and in the days of "heroic treatment" was the cause of great mischief.

Many, who stand high in the profession, still believe in its efficacy, while others disclaim its virtue entirely.

But, to be practical, should we ever use Calomel unless prescribed by a physician? On the whole, I would advise not. Something less objectionable can generally be used in its place.

It has been found that one grain will act and operate as satisfactorily as ten grains, which was formerly the dose; and even one-half grain is often as efficient as one grain.

Biliousness generally vanishes like magic, when calomel is taken, but I am not prepared to explain its *modus operandi*.

Each Compound Cathartic Pill of the "U. S. P." kind contains one grain of calomel. While they are a most excellent purgative, they are not suited to continued use. The old-fashioned way of taking four or five Compound Cathartic Pills is barbarous. One or two is enough as an ordinary cathartic.

Calomel is used a great deal externally, and an *ointment* composed of one drachm of calomel to one ounce of prepared lard, is an excellent application for a great variety of *skin diseases*.

The *diarrhœa* and *indigestion* of infants, with altered stools, are often cured by small doses of calomel—about one-twelfth of a grain combined with about one grain of bi-carbonate of soda. It may be rubbed up with sugar, and is entirely tasteless. The *dose* of calomel is from one-tenth grain to five grains. In *biliousness*, *acute indigestion*, etc., one grain at night, after fasting, followed in the morning by a *seidlitz powder* or a dose of citrate of *magnesia*, will generally produce the best results.

BLUE MASS—*Massa* or *Pilula Hydrargyri*.

Blue Mass or *Blue Pill* is one-third part metallic mercury, rubbed up with confection of roses and licorice.

It is one of the mildest and best of the preparations of mercury, well adapted to combining, in pill form, with cathartics for *constipation*, with tonics for *dyspepsia*, or with correctives for *bowel troubles*, when these diseases are due to *derangement of the liver*.

Blue mass is not taken so much as formerly, and this is well. *Podophyllin* should always be chosen when there is no special reason for giving blue pill the preference. In certain cases of bowel complaints, with deficient biliary secretions, it is to be preferred. Dose, from one to ten grains in pill form.

MERCURY WITH CHALK, *Hydrargyrum cum Creta*, also known as *Gray Powder*, is much prescribed for the summer *bowel complaints* of children. It is milder than either Blue Mass or Calomel in its action. Its use belongs to the realm of professional medicine entirely.

TURPETH MINERAL, or *Yellow Subsulphate of Mercury*, occurs in a heavy lemon-colored powder.

At the present time its use is confined to the treatment of *croup*,

and it is given as an emetic. Many physicians claim that it is the most effectual emetic in this affection we possess. It is given to children in doses of one to three grains. When used as an emetic it acts without depressing the system. It is, however, claimed by some, that if it fails to vomit, it remains in the stomach as an irritant poison. I have never known any ill effects to follow its use. I once heard one of America's greatest physicians say that Turpeth Mineral should be kept put up in two grain powders in the drug stores and sold as "*Croup Powders*," but I cannot venture to recommend such a proceeding to druggists. People, however, run but little risk in depending upon this drug, and administering it judiciously when required, in croup.

CORROSIVE SUBLIMATE—Hydrargyrum Bichloridum.

Corrosive Sublimate, or *Bichloride of Mercury*, is one of the most *dangerous* and *poisonous* drugs in the entire *Materia Medica*, and is a most treacherous article in careless hands.

It is, however, a chemical of great usefulness in curing many diseases, and also in destroying disease germs; especially those of a malignant and virulent character.

It is sold in various forms: in whitish, heavy *lumps*, or *crystals*, in white *powder*, in *solution*, and in *tablet* form.

The *dose* is from one-fortieth to one-tenth grain, but it is entirely unfit for popular use.

It is much used in what is known as "*antiseptic surgery*," which is the destruction of all micro-organisms, micrococci, bacilli, or disease germs—which are supposed to take an active part in unhealthy conditions following operations—and in septic lesions and processes generally.

Corrosive Sublimate being one of the best known antiseptics, it is used as such by the physician, more often than anything else. It is claimed that one part of corrosive sublimate to three hundred thousand will destroy some species of spores. Most surgical operations are now performed antiseptically, *i. e.*, the hands of the surgeon, the instruments, the water and sponges, the dressings, and sometimes the atmosphere are sterilized by treating with corrosive sublimate. The usual strength of such solutions is one to one thousand or two thousand, and tablets containing about seven and one-half grains are carried by physicians and dissolved when needed. Both tablets and the liquid are *deadly poisons*, and should not even be handled by those unacquainted with them.

Internally, Corrosive Sublimate has been much prescribed in chronic blood-diseases, especially where there is a scrofulous or venereal taint.

Most *Bed-Bug Poisons* are a solution of corrosive sublimate.

IRISH MOSS.

ICELAND MOSS.

These two articles are sold by druggists; both are mucilaginous and are used for the same purposes. The first named, however, is used much more than the latter.

IRISH OR ICELAND MOSS JELLY is made by adding one quart of water to two ounces of previously washed moss, and boiling slowly till very thick; strain, and add sugar and flavoring to suit the taste. If the moss is soaked in cold water for ten minutes or longer before boiling, the taste will be improved. If milk is used instead of water in the above, an exceedingly nutritious food is formed.

DECOCTIONS of these mosses have been used a long time for colds, coughs, and catarrhal affections, but they do not possess any special advantage over other mucilaginous drinks, such as those made from flaxseed and elm.

MULLEIN—Verbascum.

Mullein leaves have been much used as a domestic remedy, and at this time, as such, they enjoy a universal reputation.

Mullein is recommended very highly in cases of *consumption* and other *wasting disorders*, and it is claimed for it that where it is used, "the bodily weight rapidly increases, expectoration is more easy, and the cough much modified."

It is generally taken in warm milk, which no doubt contributes much to the benefit imparted. It is also used in *urinary troubles*, *irritable bladder*, and as a poultice in *piles*. In cases of *loss of voice*, *irritated throat*, and *asthma*, the leaves may be smoked; and they are often an ingredient in *fumigating* compounds. In the "*winter cough*" of *habit*, and of aged people, they are of decided benefit.

Mullein has been strongly recommended by a medical writer, as being unusually beneficial in *chronic bronchitis*. The leaves are to be dried and smoked in a pipe the same as tobacco, two or three times a day. The drawing, however, must be pretty con-

stantly kept up, or the fire in the pipe will go out. Mullein is certainly deserving of greater prominence than it receives in medical practice.

"OIL OF MULLEIN," an indefinite mixture, has been strongly recommended as a remedy, locally applied in the ear, for *deafness* and *ear-ache*. It is especially popular with Homeopaths. It is to be dropped in the ear warm.

MUSTARD—Sinapis.

There are two kinds of mustard seeds, *the white or yellow*, and *the brown or black*; both of which are sold whole, and in powder form, in the stores. The *yellow* is generally used.

MUSTARD SEED are a *tonic* and *stimulant* to the *stomach*. The whole seed, taken in teaspoonful doses in molasses, is highly recommended for *dyspepsia*. Powdered mustard, in doses of one or two teaspoonfuls, is an efficient *emetic*.

Mustard is used principally, however, as an external remedy, and, when mixed with water, makes an exceedingly useful *counter-irritant*, in the form of mustard plasters.

It can be diluted with wheat flour, Indian or rye meal, where a less decided action is desired than the pure mustard will excite.

When mustard plasters are applied to persons who are insensible, care should be taken not to allow them to stay on too long, because when the irritation is carried too far, blistering, with unpleasant ulceration, sometimes follows. From a few minutes to less than an hour will suffice. When the plaster is removed, the surface which it covered should be carefully washed, as small particles of the mustard will continue the irritation.

The MUSTARD LEAVES OR PLASTERS sold in the stores are an elegant article, and, if fresh, are the most desirable form in which to apply mustard. They are to be saturated, at the moment of application, with water or vinegar.

Counter-irritation with mustard plasters is an exceedingly convenient and effectual way of treating aches and pains generally, and should be resorted to much oftener than is done.

After their removal the parts should be rubbed over with vaseline, lard, tallow, or cold cream, or these things may be applied on a cloth.

A MUSTARD POULTICE is made by adding one part of Mustard to four parts of Indian meal, and adding hot water. When applied it should be covered with oiled silk, or oiled paper, and

it may remain on for hours. These are very effectual *counter-irritants in inflammatory diseases*.

There is an OIL OF MUSTARD sold in the stores, and occasionally prescribed by physicians, where a powerful impression is desired. It is an exceedingly penetrating substance, irritating to the nose and eyes, and unfit for ordinary use.

MYRRH.

Myrrh is sold either in the gum, in small fragments, *powdered*, or in the form of *tincture*. It is but little used by the profession, and I think would be dropped by the laity, were it not for its attractive name.

The powder is often added to *tooth powders*, and the *tincture* is a good application to *spongy gums*, *sore mouths*, and as a *mouth wash* after the extraction of teeth.

A few drops of it, added to water, and used as a mouth wash, will *sweeten the breath*, cleanse the *teeth*, prevent their decay, and keep the *gums* healthy.

If such a wash were used once or twice a day, mouths would be sweeter, and the teeth much more beautiful than they are.

Tincture of Myrrh is sometimes used as a remedy for *toothache*, but it will very often fail.

Myrrh is used internally as a *stimulant* and *tonic*, usually to excite either the secretions of the bowels, or the action of the menstrual functions.

NITRITE OF AMYL.

This is a clear, yellowish liquid, with a penetrating odor, very much like that of over-ripe fruit. It is very volatile.

Nitrite of Amyl is seldom taken internally. It is inhaled in attacks of *asthma* and *angina pectoris*, and there is no better transient remedy for the latter disease. It may be procured in the form of *capsules*, and when an attack of *angina pectoris* is approaching, one may be crushed in the handkerchief and inhaled. As this is an exceedingly painful affection and immediate relief is often extremely desirable, it is a good plan for those who are liable to the disease to carry a supply of *Nitrite of Amyl capsules*, and use them when needed.

NITROGLYCERINE.

This compound, from which dynamite is made, has become an agent for the cure of disease. It is a powerful drug, and is never dispensed in its pure state. It is sold in a one-per-cent solution, the *dose* of which is from one to three drops; in *pill form*, one-hundredth of a grain in each pill, one to be taken at a *dose*.

It is an extremely valuable medicine in that painful disease, *angina pectoris*, and in *persistent hiccough*. Severe neuralgia is often greatly benefited by it, and it is given for the *weak heart* of aged people, and in the heart complications in Bright's disease.

It is a very powerful remedy, and its use should always be under the direction of a physician.

NUX VOMICA—Strychnos Nux Vomica.

STRYCHNINE—Strychnia.

Strychnos, Nux Vomica, or *Dog Button* seeds, are imported from the East Indies, and the two preparations of it sold in the stores are the *Tincture of Nux Vomica*, and *Strychnine* (Sulphate of Strychnia).

While the preparations of Nux Vomica are *deadly poisons*, and can be used only with absolute carefulness, yet they are exceedingly valuable therapeutic agents. Unless one knows how to use these preparations, and is thoroughly aware of their effects, it is exceedingly unwise to have anything to do with them.

Nux Vomica is our chief resort when a medicine is needed to invigorate the motor fibres, whether nervous or muscular.

In the various forms of *chronic paralysis*, Nux Vomica, in small doses, is almost sure to benefit. It is highly useful in that condition of the system where the muscular fibre is relaxed; also as an auxiliary to other medicines in *dyspepsia*, *constipation*, and as a general tonic in *relaxed* conditions of the system.

Dose of the tincture, one to five drops, in water, three times a day.

In that condition known as *nervous dyspepsia*, accompanied with poor appetite, feeble digestion, and trembling, and in *gastric catarrh*, it ranks among the best of remedies.

In diseases of the genito-urinary organs, whether *impotence*, *incontinence of urine*, nocturnal or otherwise, it should be tried.

Solid Extract of Nux Vomica, found in pill form, especially in combination with other remedies, is a desirable form in which to take it. The *dose* is one-fourth grain.

Tincture of Nux Vomica, in doses of from three to five drops, is very useful in *weak stomach*, attended with *flatulence*.

Strychnia is largely used by physicians in various forms of *chronic palsy*, and as a general tonic in *nervous disease*.

It is a direct tonic to the generative organs, and is universally prescribed in debility of this kind. *Dose*, one-sixtieth to one-fortieth of a grain.

Strychnia is an exceedingly *dangerous* drug, and when taken in too large medicinal doses, it often causes muscular twitching and restlessness, in which case the dose should be greatly decreased.

The poisonous nature of Nux Vomica limits its use much more than it should. Intelligent carefulness in handling it renders it harmless, and brings into use one of the most potent remedies in the whole realm of medicine.

Those who lead sedentary lives, who are troubled with *constipation*, *sluggish digestion*, *headache*, and *biliousness*; those who are *flabby in muscle*, and weak; and those who are variously troubled with functional disorders, resulting from *impaired nerve force*, whether manifesting itself in *St. Vitus's dance*, *bed-wetting*, or the *catarrhal* tendencies of childhood; the "*nervous exhaustion*," *general debility*, and *dyspepsia* of middle life; or the *enfeebled health*, *impaired nutrition*, and premature old age, Nux Vomica, in moderate doses, taken with systematic perseverance, produces the most gratifying results.

When added to preparations of Iron, it overcomes the constipating effect of the iron; when added to Quinine, it furnishes an admirable auxiliary; and when added to cathartics, it greatly improves their action.

The good effects to be gained by taking from three to five drops of tincture of Nux Vomica three times a day, as a tonic, will compare favorably with the benefits to be derived from any of the tremendously advertised and high-priced "*tonics*," "*invigorators*," and "*restorers*," which flood the patent medicine market, and if carefully handled no harm can result from its use.

COD-LIVER OIL—Oleum Morrhuæ.

This oil is obtained from the livers of the common cod-fish, well-known along the New England coast. There are three varieties; the pale yellow, light brown, and dark. The pale oil is to be preferred, it being extracted while the livers are fresh; it is less disagreeable to the taste than the darker varieties.

Contrary to a general rule in most matters, the cod-liver oil

sold by the druggist already bottled, is of better quality than that which he dispenses in bulk. It is impossible to keep it perfectly in bulk, as the cork will become rancid and contaminate the entire package. Most druggists transfer an entire invoice as soon as received, from bulk to bottles, and hermetically seal, and in this way their own brand is of desirable quality.

Cod liver oil should be kept in a dark, cool place and well corked and the mouth of the bottle kept clean, as the accumulated oil will turn rancid. It is best not to refill bottles once used.

Cod-liver oil is recognized as a constructive agent, long established by clinical experience.

Its mode of action is not well understood. Whether its virtue depends upon the chemical ingredients contained therein, or on the fact that the oil is more easily assimilated than other fats, is not yet settled.

It is, however, a remedy of great importance, and capable of producing excellent results in many cases of *consumption, scrofula, debilitated physical conditions, chronic rheumatism, bronchitis, catarrh*, and in *weak constitutions*, whether inherited, acquired, or resulting as sequels of some destroying disease.

Cod-liver Oil, it should be remembered, is much more beneficial to the young than to the aged, and is much better adapted to chronic than to acute forms of disease.

While it is of great value in consumption, it is hardly admissible during rapid progress of that disease; especially is this true when there is much fever.

Again, as all fatty substances are better assimilated in cold than in warm weather, Cod-liver Oil is much better borne, and can be given much more freely during winter than in summer.

The author is convinced, by much experience, that probably the greater part of the cod-liver oil taken does more harm than good. This is because persons in using it, and physicians in prescribing it, are not as judicious as they should be in considering peculiar features which attend its use in individual cases. For instance, it should not be used if it is rancid, and much that is sold is in this condition. It should be used plain, unless it can be made more palatable in an emulsion. It should not be continued when the stomach becomes disordered by its use, when it destroys the appetite, or when it becomes so offensive that it nauseates.

In very warm weather it should be used sparingly, or not at all; and in cold weather its use should be occasionally suspended for a few days, to give the stomach a rest.

These considerations are alluded to because they are difficulties

continually encountered in its administration, and it is well at all times to consider its use from an experimental standpoint. *If it agrees with the patient it is doing good, and should be continued; if it disagrees it does harm, and unless the obstacle can be overcome it should be withheld.*

The various *emulsions* of Cod-liver oil, with which the market is flooded, are not to be depended upon. Some of them are fairly acceptable preparations, but many of them are objectionable. Most of them contain the hypophosphites and other ingredients. As a rule, the oil should be given alone, or in plain emulsion. If other medicines are indicated they can be given separately. The patent emulsions are made with gum-arabic, Irish moss, dextrine, soap-bark or other substance more or less objectionable to the delicate stomach—such as those requiring the use of cod-liver oil almost invariably possess—and when a bottle is purchased there is no way of knowing how old and stale it may be.

Any competent druggist can compound an emulsion in every way superior to the ready-made articles. The National Formulary contains a number of excellent formulas, both with and without the hypophosphites, and they can be flavored to suit individual tastes. The *Phosphatic Emulsion* of the National Formulary is made with egg, and contains phosphoric acid, and is a very excellent preparation. Any druggist can prepare it.

“TASTELESS COD LIVER OIL,” found in all drug stores, is a vinous solution of certain extracts of cod livers, usually with hypophosphites added. It contains no oil. It is considered inferior to the pure oil preparations, but can be taken by some people who are nauseated by genuine oil. The following forms a desirable home-made emulsion and can be mixed at time of taking: Put a spoonful each of condensed milk and water in a small cup with a few drops of essence of wintergreen. Mix well with a spoon, then add the dose of cod liver oil and stir thoroughly and swallow. Extract of malt combines well with cod liver oil, and there are several reliable brands on the market.

The emulsions of cod-liver oil placed on the market by the Martine Manufacturing Company of New York are thoroughly reliable. The pure oil is, however, the best form to use, if it can be so taken, and much can be done to render it palatable. A pinch of salt placed on the tongue just before and another pinch just after swallowing the oil, will almost entirely disguise the taste; if thirty drops of oil of bitter almonds are added to a pint of the pure oil, its odor and taste are greatly improved; a little lime water to each dose will make it more pleasant to the taste

and assist in its digestion. Never allow any oil to come in contact with the lips, and no matter how taken, it should be gulped down in a hurry. Children frequently learn to relish it.

Dose, from a tea- to a tablespoonful, beginning with the small dose and increasing; small doses long continued should be the rule. When free oil globules are noticed in the stools, the dose should be lessened. Anointings with cod-liver oil are sometimes very useful where the stomach refuses it. This plan is especially adapted for children and sickly young women, who catch cold easily. One or two ounces are to be rubbed into the skin just before retiring, the patient having previously taken a tepid bath. It is sometimes used externally with benefit in *chronic skin diseases* of the scaly and scrofulous varieties.

CASTOR OIL—*Oleum Ricini*.

Castor beans, from which Castor Oil is procured, are poisonous, and should never be eaten. Castor oil, obtained from the castor bean, when pure, is nearly colorless. It has a very faint odor and taste, both of which are, to most persons, disagreeable, nauseating, and to many sickening.

On account of the mildness of its action, its non-irritating qualities, and its soothing properties, it is a most valuable cathartic, and, as such, is constantly used in both domestic and professional practice.

When the bowels are irritated or inflamed, or at the outset of *diarrhœa*, *dysentery*, or the various *fevers*, there is no better purgative than Castor Oil. One dose will often cure a "*cold in the bowels*," and when a person is constipated and feels a bad cold coming on, it can be greatly modified, perhaps warded off, by a dose of Castor Oil.

It is specially useful in the various bowel affections of children, and can be used with more safety perhaps than any other medicine. It is not as distasteful to young children as to adults, and frequently they offer but little objection to taking it. Mixed with an equal quantity of Spiced Syrup of Rhubarb, its taste is largely disguised, and its good effects in *diarrhœa* and *dysentery* increased.

Dose, for an infant, one teaspoonful; child three to five years, one to three teaspoonfuls; ten years, two to four teaspoonfuls; adult dose, one to three tablespoonfuls, shaken in warm milk or coffee.

The greatest drawback to the use of Castor Oil is its bad taste. This can, however, as a rule, be overcome.

To thoroughly shake it with three or four times its quantity of warm milk in a bottle, and transfer to a teacup or tumbler, and drink at once, disguises the taste almost completely, and this can be done in any home.

It may be taken in warm, strong coffee, or if convenient, a druggist can easily float it in soda water, if he has a fountain; in this way the taste can be completely disguised.

Perhaps one of the best methods is to take it in glycerine. Put three or four teaspoonfuls of glycerine into a small cup or glass, and agitate it so the inside will be coated with the glycerine. Pour on this the Castor Oil, and take it down at one or two swallows. The glycerine seems to carry the oil before it, and wipe away every particle of it, leaving only the taste of the glycerine in the mouth. Two or three drops of oil of cinnamon, wintergreen, or lemon, may be previously stirred with the glycerine to give it a decided flavor.

TASTELESS CASTOR OIL, as found bottled in drug stores, is pure oil with the taste disguised. Standard brands are entirely reliable, and may be used in all cases where castor oil is objectionable.

After the cathartic effect of Castor Oil has passed, the bowels are apt to rest, and be somewhat constipated.

Castor Oil is supposed to promote the *growth of the hair*, and enters largely into pomades and hair tonics. Under its use, however, the hair becomes stiff and greasy, and requires an occasional cleansing.

CROTON OIL—Oleum Tiglii.

Croton Oil is from the seeds of the Croton tree of the East Indies, and is a very powerful medicine.

One or two drops on the tongue, or given in bread crumb, will operate on the bowels, and, as an external application, it is used where a powerful *counter-irritant* is needed. It is occasionally called for by customers, to be used on the chest in pulmonary difficulties, but it is not suited for popular use. It may be diluted with one or two parts of olive oil or turpentine, when a milder effect is desired.

Croton Oil Liniment consists of Croton Oil, thirty drops; Sweet Oil, one-half ounce. This liniment is sometimes applied to the chest in *consumption*.

It produces an eruption and redness of the skin. Care should be taken not to get it in the eyes.

COCO-NUT OIL.

Coco-nut Oil should not be confounded with cacao-butter. The former is made from the coco-nut, the latter from the chocolate nut.

Coco-nut Oil resembles lard very much in appearance, but is much more easily affected by the temperature. It is as hard as suet when cold, and liquefies at about 80° F. It has a bland taste, and a characteristic but not unpleasant odor.

It has often been classed with cod-liver oil as a remedy for scrofula and consumption, and it no doubt possesses some virtues as a constructive agent. Some years ago it had quite a sale and was widely used, chiefly by anointing, for its nutritive effects in wasting diseases.

Anointing the body is a valuable method of overcoming the *tendency to catch cold*, and there is no better substance for this purpose than coco-nut oil. If faithfully applied with liberal friction, it will prove beneficial in a number of affections attended with denutrition, such as scrofula, consumption, rheumatism, and anæmia.

As an excipient for ointments it is often to be preferred to other articles because it melts readily, is easily absorbed by the skin and favors the absorption of any medicament it may contain.

LINSEED OIL.

Linseed oil (*raw, hot boiled*) is laxative in doses of two or three tablespoonfuls, but, on account of its taste, it is seldom used internally.

It is an excellent remedy for *piles*, taken in the above dose, morning and evening.

Equal parts of *lime water* and *linseed oil* mixed form a well-known application for *burns*.

OLIVE OIL.

SWEET OIL.

COTTONSEED OIL.

The above oils may well be classed together, as they are very closely related in commerce and in general utility.

Genuine Olive Oil is produced chiefly in southern Europe, Australia and California. The quality varies, but every capable drug-

gist can supply the best brands bottled and an equally desirable article bought in bulk and bottled by himself. The light and limpid has the finer flavor, but many relish the heavier oil; the latter usually being sold at a much less price. The Pure Food Law requires all oil sold under the label "*Olive Oil*" or "*Sweet Oil*" to be unadulterated Olive Oil. The cheaper grades are well suited for liniments.

Cottonseed oil is now manufactured on a large scale, and is rapidly taking the place of imported olive oil, both in medicine and as an article of diet. Applied externally, olive oil forms a good *protective from the air*, and renders the *skin soft and pliable*. In regard to the latter qualities, it is superior to vaseline. For *burns and scalds*, especially when mixed with an equal quantity of lime water, it is one of the best of remedies. It is rubbed on the surface to prevent the *itching*, and to favor the scaling off of the *eruption of scarlet fever*.

These oils are largely employed in liniments, ointments, and as vehicles for external applications.

Olive oil is mildly *laxative*, and is especially suitable for infants. It may be used as an injection, followed by the use of warm water.

When a *corrosive poison* has been swallowed, olive oil acts mechanically as an *antidote*; that is, it protects the tissues.

OPIUM.

Opium in its pure state is not suitable for medicinal use.

Its preparations, *Laudanum*, *Paregoric*, *Dover's Powder*, *Morphia*, *Bateman's Drops*, *Godfrey's Cordial*, *Dewees's Carminative*, *Wistar's Cough Lozenges*, *Deodorized Laudanum*, *Brown's Mixture*, and some others of less importance, are in general use, and well known.

These preparations are sold to almost an unlimited extent, and some one of them can be found in almost every household. Of all the articles of the entire materia medica, opium, in its various forms, enjoys the widest range of therapeutic application.

Taken internally, it *relieves pain*, *induces sleep*, *relaxes muscular spasm*, and *quiets the nerves*. When applied locally, it *modifies inflammation*, *relieves pain*, and *promotes the healing process*.

For the relief of *cough*, in pulmonary affections, it has no equal, and it is an ingredient of most all cough medicines. In a word, some form of opium is constantly prescribed for the whole range of diseases where *pain* is a prominent symptom.

In the *spasm* and *pain of colic*, *diarrhœa*, *dysentery*, *spasm of the*

stomach, bowels, bladder, or any part of the body, in *rheumatism*, *gout*, *neuralgia*, and for the pain and excitement attending *injuries*, it is used both internally and externally.

Indeed, from a strictly medical standpoint, opium may well be called "The great gift of God."

The *Opium Habit* is quickly formed, and no preparation of opium should be taken continuously unless ordered by a physician. I know of nothing in the whole realm of medicine so subtle as the influence of opium. Its *full limit of usefulness consists in producing temporary relief*, and if a disease is more than transient, some other remedy should be employed. Thousands of people who began to take an opiate for some painful affection, are to-day hopeless victims of the habit.

It is stated that *opium kills more people than alcohol*, and that Soothing Syrups and Sleeping Cordials destroy thousands of children annually.

If such be true—and we have good reasons to believe it—the use of *opium in all its forms* should be curtailed to the most rigid limits, and under no circumstance should it be used for any length of time. It is an extremely "*sharp-edged tool*," and at all times its use should be accompanied with *signals of warning*. It should not be given for all kinds of pain; far from it; but only in those cases where it tends to *relieve the condition* to which the pain is due, and when its use is absolutely necessary.

LAUDANUM.

Laudanum is the *Tincture of Opium*, and in every respect represents the qualities of the drug. It is the only pure or "straight" preparation of opium. It may be used when no modification of the effect of opium is needed, and as an external remedy it should always be chosen.

The *dose* of laudanum is from five to twenty drops for an adult. Children *bear opiates badly*, and, as a rule, laudanum should not be given to them. One-half drop for each year of the child's age will be a sufficient dose to begin with.

It may be used in all cases where the effect of opium is required. For internal use paregoric is to be preferred, unless the laudanum be in combination.

DEODORIZED LAUDANUM, or *Deodorized Tincture of Opium*, has the same strength as ordinary laudanum. It is much more pleasant for internal use, as some of the obnoxious ingredients of opium are eliminated in its manufacture.

McMunn's Elixir of Opium, a proprietary preparation of opium,

has had quite a large sale. It is very similar to the deodorized tincture of opium, and there is absolutely no need whatever of the article on the market. It does much more harm than good. All preparations of opium are harmful—exceedingly harmful—when their use goes beyond a certain limit.

LEAD-WATER AND LAUDANUM.

This is a very old and deservedly popular lotion. It is mixed in various degrees of strength, the following being, perhaps, well suited to general use:—

A—527.—LEAD-WATER AND LAUDANUM.

Goulard's extract,	1 drachm
Laudanum,	4 drachms
Water to make	8 ounces.

Mix. Poison. Lead-water and Laudanum. For external use only.

It is used universally for *sprains, bruises, painful swellings, and inflammatory conditions*. It is applied by wetting cloths with it. If it be applied to the face of poultices, their anodyne properties are greatly increased. Care must be taken in applying it to surfaces where the skin is broken, as its poisonous qualities are sometimes absorbed.

DOVER'S POWDER.

This medicine is composed of opium, one grain; ipecac, one grain; sugar of milk, eight grains. It is a very valuable compound in the hands of the profession. Five to ten grains of Dover's powder taken at bedtime, at the very beginning of a *bad cold*, will usually stop its course. Dover's powder should not be given to children. *Dose*, three to ten grains.

PAREGORIC.

Paregoric—*Tincture Opii Camphorata*, or *Camphorated Tincture of Opium*—contains opium, camphor, benzoic acid, and anise, and is an extremely valuable preparation. It is mild in its action, and pleasant to the taste. It may be taken, when required, by old or young, and is of all opiates the most desirable preparation for general internal use.

In *painful affections of the urinary apparatus* it is of special value. *Dose* for an adult, one or two teaspoonfuls; for a child three days old, two drops; one week old, four drops; one month old, six drops; one year old, ten drops; five years old, twenty drops.

A great deal of mischief can be done by dosing children with paregoric. Numberless infants are annually killed with opiates, and that paregoric is one should be remembered.

BATEMAN'S DROPS.

This preparation is very similar in composition and effect to paregoric, and is used for the same purposes. My experience has convinced me that babies are dosed with Bateman's Drops much more than with paregoric. People should be taught that it is an opiate and is capable of doing all the harm accompanying the use of opium.

GODFREY'S CORDIAL.

Godfrey's Cordial is somewhat similar to paregoric, but does not contain nearly so much opium. It does not constipate the bowels like other opiates, as it is made with molasses. Its use could easily be dispensed with.

BROWN MIXTURE.

This pectoral mixture (*Mistura Glycyrrhizæ Composita*) contains a small quantity of opium, antimonial wine, and sweet spirits of nitre. It is a dark syrupy mixture flavored with powdered licorice and anise. It is an excellent *cough mixture*, especially adapted to *chronic coughs*. It is also much prized as a remedy for *recent colds* and *bronchial troubles*.

BROWN MIXTURE LOZENGES (not "Brown's Bronchial Troches") can be procured in any drug store, and if not used too freely are an excellent remedy for *irritated throat* and *bronchitis*. They should be allowed to slowly dissolve in the mouth.

MORPHIA.

Morphia, or *morphine*, is made and sold in three forms: SULPHATE OF MORPHIA, ACETATE OF MORPHIA, and MURIATE OF MORPHIA; the sulphate is, however, used almost exclusively. It is sold in powder and pill form, and in solution. Morphia, as is well known, is the hypnotic and anodyne principle of opium. It is EXTREMELY POISONOUS, and has proved fatal in overdoses in many instances. It resembles quinine very much in appearance, and a number of deaths have occurred in consequence of druggists selling it for quinine, and people cannot be too careful in handling these two articles. The *dose* is from one-twentieth to one-fourth grain, in pill or in solution.

In the hands of the profession morphia is a remedy of great usefulness, but it is *not safe* in the hands of those who do not fully appreciate its power.

When the object is to *relieve pain* or *quiet the nerves*, morphia is by far the best preparation of opium. As an internal remedy its use has almost superseded the other preparations.

It should be remembered that all preparations of opium are constipating; that they cause a determination of blood to the brain, and consequently are not appropriate remedies in many brain troubles. Morphia is apt to damage the stomach. It is much more effectual when given hypodermically.

CODEINE—Codeina.

Codeine or Codeia is an ingredient of opium, and is supposed to possess properties similar to those of the crude drug, but this is somewhat doubtful. Its use by the profession is quite promiscuous.

APOMORPHIA.

Apomorphia, technically called *Hydrochlorate of Apomorphia*, and made from morphia, is *poisonous*, and unfit for general use.

It is a powerful *emetic*. One-tenth of a grain injected under the skin with a hypodermic syringe will generally cause vomiting in a few minutes. When taken internally, the dose must be somewhat increased.

It is extremely valuable when time is an object, or when it is impossible to give medicine through the mouth.

Its use should be confined to professional practice entirely.

LIVER AND STOMACH PADS.

As many of these pads are being sold in different localities, we give them a passing notice.

We cannot by any course of reasoning, or by observation, admit the claims which have been made in regard to this kind of medication. I once asked a vender of these pads by what process they cured disease. He informed me that he did not know, but supposed it was "the imagination." The only thing he could think of in the way of real virtue was "the warmth imparted by the pad."

Holman's Liver Pad is said to be composed of ground fenugreek and flaxseed (25 ozs. each); pitch, sandarach, and galbanum (15

ozs.); powdered cloves, cinnamon, and mace ($1\frac{1}{2}$ ozs.), mixed together.

Justice, however, demands that they be pronounced harmless. In some instances, they may impart a salutary influence.

PEPPERMINT—*Mentha Piperita*.

ESSENCE OF PEPPERMINT—*Spiritus Menthæ Piperitæ*.

OIL OF PEPPERMINT—*Oleum Menthæ Piperitæ*.

MENTHOL.

Peppermint is a well-known herb, and grows in most parts of the world.

When taken into the stomach it is an active, diffusive stimulant, carminative, and antispasmodic.

It is extremely useful in *colic*, *wind dyspepsia*, *flatulency*, *spasms*, and *cramps*.

When given with cathartics, it prevents their griping, and is often used to disguise the taste of other medicines. By its stimulating effect upon the stomach it checks *nausea* and *vomiting*.

The *Essence* is the best preparation for internal use; *dose*, five to twenty drops in sweetened water, preferably warm.

Peppermint water can be procured at all drug stores. It feebly represents the virtues of the herb.

Peppermint tea is a very useful domestic remedy, and well suited to the treatment of infantile colic.

Peppermint Lozenges of good quality may be dissolved in warm water and given to infants for *griping* and *wind*, one-fourth of one being enough for a dose. Such lozenges taken by adults will relieve spasms, gripings, and flatulence.

A small quantity of peppermint added to castor oil, rhubarb, etc., greatly removes their disagreeable taste and renders them more acceptable to the stomach.

Externally, peppermint is a very valuable remedy. "Oil of peppermint is one of the best remedies we have for *neuralgia*." A cloth wet with it should be laid upon the affected parts and covered with oiled silk or paper, to prevent evaporation. Locally applied, it will often relieve the pain of *rheumatism*.

MENTHOL, sometimes called *Chinese Oil of Peppermint*, is sold in the stores, either in bulk or in cones fastened on a wooden or metal handle and protected by a hollow cap, which fastens to the handle by a screw. These cones when made of pure menthol are an extremely valuable remedy for local neuralgia and superficial rheumatism.

A small crystal of menthol introduced into the cavity of a tooth will generally afford prompt relief from *toothache*.

Instead of the cones, an alcoholic solution of menthol may be applied as follows:—

A—531.—MENTHOL LINIMENT.

Menthol,	3 drachms
Alcohol,	1½ ounces.
Mix.	

For *neuralgia* of the face and slight *headache*, I have for years been in the habit of dispensing a mixture of equal parts of essence of peppermint and ether. It has given universal satisfaction, and if it is desired to make it stronger, a few drops of oil of peppermint, or a few crystals of menthol, may be added.

PEPSIN.
PANCREATIN.
INGLUVIN.

Pepsin is obtained from the mucous membrane of the stomach of the pig, sheep, and calf. It is the digestive principle of the gastric juice, and a pure, unadulterated article, is capable of digesting five hundred times its weight of hard-boiled egg, albumen, or its equivalent in other forms of food.

Pepsin is never sold in its absolutely pure state, and much of that dispensed is practically inert. "*Pepsin in Scales*," "*Crystal Pepsin*," and "*Pure Powdered Pepsin*," are all manufactured on a large scale.

SACCHARATED PEPSIN consists of seventeen parts of powdered pepsin mixed with eighty-three parts of sugar of milk. Although it has been prescribed largely for many years, it does not possess much value.

WINE OF PEPSIN, ELIXIR OF PEPSIN, and the various alcoholic mixtures containing pepsin, either alone or in combination with other medicines, are almost inert; because, as should be well known, the presence of alcohol greatly impairs the virtue of pepsin.

LIQUID PEPSIN, or *Liquor Pepsin*, is non-alcoholic, and although feeble in its action, it is one of the most reliable preparations of pepsin in use. *Dose*, one to four teaspoonfuls.

PANCREATIN is obtained from the juice of the pancreas or "sweet breads" of the pig, and is closely related to pepsin. They are much prescribed in combination.

Powdered Pancreatin and *Liquid Pancreatin* are the best preparations, though many others are on the market.

INGLUVIN (*Ventriculus Callosus Gallina*) is a digestive principle obtained from the lining membrane of the gizzard of the chicken.

It has been largely used as a remedy for the *vomiting of pregnancy*, and is considered by many as almost a specific for this distressing affection. It is sold in bottles at the drug stores.

The subject of these digestive agents has evoked much controversy during the past few years. The preponderance of opinion is that their virtues have been greatly overestimated.

Pepsin is a natural and necessary secretion into the cavity of the stomach during the process of digestion. Its office seems to be to co-operate with the acids of the stomach in converting nitrogenous foods (caseine, albumen, fibrin, etc.) into peptones.

After this has been accomplished, the food passes on into the bowel, and during its passage through the first section the pancreatic juice is poured out, and digests the oils and fats of the food. This latter secretion is alkaline, while that of the stomach is acid.

While the theory of administering pepsin and pancreatin is a plausible one, practice has demonstrated them to be of limited value.

One of the best authorities in the United States says: "Probably four-fifths of the pepsin which has been given has been inert, either originally or from the method of its administration, and in the great majority of cases the good that has been achieved has been probably due, not to the pepsin, but to the regulation of the diet and habits of the patient, and to drugs which have been exhibited along with the animal ferment." The above is a sorry comment upon the discriminating powers of the profession of medicine, yet the truth of the statement cannot be denied.

Pepsin, Pancreatin, and Ingluvine are, however valuable remedies, and if properly administered are capable of doing much good.

Do not put much dependence in peptonized or digested mixtures of cod-liver oil, malt, beef, etc., where an effort has been made to digest food in the bottle. The country is flooded with peptonized preparations, and people are made to believe that all the stomach has to do is to expand to receive them, and they will develop themselves into muscle, bone, and blood—a representation by no means true. Pepsin is, however, very beneficial in some forms of *dyspepsia*, especially in weak and bloodless persons who are "run down," or who are victims of debilitating diseases which disturb the digestive functions, such as consumption,

chronic diarrhœa, or that form of dyspepsia brought on by over-taxing the stomach with improper food or alcoholic stimulants. When the secretion of gastric juice is deficient, pepsin will always benefit.

It must not be assumed that dyspepsia is entirely confined to the stomach. Important functions exist beyond the region of the stomach, and even the best of pepsin will utterly fail in many cases of this disorder. No physician can determine beforehand just what cases will be benefited by pepsin, or when pancreatin will act better. Trial only will determine.

Pepsin is one of the best remedies we have for the *diarrhœa of infants*, especially when the disease seems to "linger" during the summer months.

The dose of pepsin is from five to thirty grains.

The dose should be large, and the saccharated pepsin of the market should be avoided. It should be taken during a meal or immediately after, and is best taken in neutral solution or with an acid.

The dose of Liquid Pancreatin is from a teaspoon- to a table-spoonful. It should be taken about one hour after eating, and is best taken alone, or with an alkali, such as bicarbonate of soda.

If the food is largely albuminous, pepsin should be selected; if the food be fatty or oily, pancreatin is preferable.

None but reliable brands of pepsin and pancreatin should be used.

PEPTONIZED MILK forms a most important diet when the stomach is unable or refuses to digest food, especially during the progress of serious diseases. Any druggist can furnish peptonizing preparations ready to use, with full directions to prepare.

PEROXIDE OF HYDROGEN.

Peroxide of Hydrogen is a solution, in water, of about 3 per cent. or 10 volumes of available oxygen. Chemically it is $H_2 O_2$.

Peroxide of Hydrogen is a remedy of great value, and should be in every household and used more than it is. It is non-poisonous. It should never be used in metal spoons or metal tubed atomizers, but in those made of glass, rubber or other non-corrosive material.

It is the greatest *destroyer of pus* known, with which it causes an evolution of gas and white froth, leaving the parts purified.

It is invaluable for cleansing *infected wounds, ulcers, malignant growths, open abscesses, boils and unhealthy abraded surfaces*. It is perhaps the best known application to subdue the *false membrane* of diphtheria and scarlet fever, applied with a swab or atomizer. It is an excellent *gargle* diluted with water or mixed with alkaline antiseptic solution.

As a nasal spray it may be diluted with from 2 to 6 parts of water. It is an excellent *mouth wash* when teeth are decayed or the breath offensive. For cleansing ulcers and abscesses, pour a few drops into the sore and allow it to act; repeat until the frothing ceases and then apply proper dressings.

For cuts and wounds dilute with three parts of water and apply. For mosquito bites and stings of insects apply full strength on absorbent cotton.

It can be used freely for *chapped lips and hands* and applied on cloths will greatly relieve the effects of sunburn. A teaspoonful in water forms a refreshing *face bath* after shaving.

Peroxide of Hydrogen is a powerful bleacher, and contact with colored fabrics should be avoided. This quality, however, gives it value for toilet purposes as in *manicuring the nails* and where its cleansing and bleaching qualities are desired.

PERUVIAN BARK—Cinchona.

There are several varieties of Peruvian Bark, the principal kinds being the Red, the Yellow, and the Pale. Of the above-named varieties the Yellow contains the most quinine, and the Pale the least.

Peruvian Bark, although seldom sold in the crude form, furnishes a variety of preparations and alkaloids; and these, in various combinations, embrace a very great number of drug store commodities.

Fluid Extracts, Tinctures, Elixirs, Tablets, and Pills, representing the various principles of Peruvian Bark, are found in almost endless variety in the prescription department of every pharmacy.

The following are the most important preparations of Peruvian or Cinchona Bark.

COMPOUND TINCTURE OF CINCHONA—*Tinctura Cinchonæ Compositæ*—is composed of Red Bark, Virginia Snake Root, and Bitter Orange Peel. Although differing slightly in composition, it is sold in America as HUXHAM'S TINCTURE OF BARK. It is an excellent tonic to the stomach, but does not represent the strength of the alkaloids that it should.

QUININE—Quinina.

Quinine, which means SULPHATE OF QUINIA, is made from Cinchona or Peruvian Bark.

Quinine is one of the most valuable agents in the whole domain of medicine.

In the treatment of fevers of miasmatic or malarial origin, in *intermittent* and *remittent fever*, in *malaria* in all its forms, and as a preventive of these maladies, its virtues are unequaled.

In *erysipelas* it is almost a specific.

In *yellow fever*, *typhoid fever*, whether that of the technical variety or typhoid conditions generally, the *hectic fever* of consumption, also in *rheumatism*, *diarrhœa*, *dysentery*, when they begin to weaken the system, and in most all cases in malarious districts its use will prove beneficial.

In *neuralgia*, *St. Vitus's dance*, and in all *nervous diseases*, it is used as a tonic. During convalescence it is often of great service.

A full dose at the beginning of a "*bad cold*" will often stop its course.

In malarious districts almost all diseases in their action will show an intermittent trend, due to malarious influences. Rheumatism, typhoid fever, and many other fevers will show this, and it indicates that Quinine is required in the treatment.

The utility of Quinine is due to the fact that it is a tonic remedy, with not only a broad, but specific range of action on the brain, nerves, and blood.

There is a prejudice in the minds of many people against Quinine. Patent medicine men have cried it down as something that would "get into the bones" and do great injury. It is also said that it causes buzzing in the ears, and sometimes temporary deafness. This ringing in the ears is not an indication that it is injurious at all, and it rapidly subsides when the medicine is discontinued. The writer has dispensed quinine to thousands of people, and he is to know of the first permanent ill effect from its use. Yet it is not wise for those who are deaf, predisposed to ear

diseases, or who are peculiarly sensitive to its influence, to take it unless as directed by a physician. Quinine is superior to Cinchonidia, Cinchona, or Chinoidine, although in special cases these other products of Peruvian Bark serve a good purpose.

What is the best way to take quinine? is a question frequently asked. The writer invariably recommends the *gelatine-coated pills* unless there are special reasons for its use in some other form. While most sugar-coated pills are quite soluble, yet there are those on the market so insoluble as to pass through the bowels without undergoing any change. The gelatin-coated are much easier swallowed, and after handling them daily for years I am convinced that they are in every respect the best form in which to administer quinine.

They can be procured at almost any drug store, and from reliable manufacturers, containing one, two, and three grains each.

The *dose* for an adult is from one to ten grains daily.

The old-fashioned mixture of quinine in water, and cut with acid, is unnecessarily bitter. Rubbed up with syrup and flavored with licorice it is far less bitter, and it is now generally so prescribed when desired in solution, especially for children.

There is a number of *Elixirs* on the market containing quinine in combination—the most elegant one of which, to my mind, is *Elixir of Iron, Quinine, and Strychnine*. This is an excellent, palatable tonic, admissible in a very great number of cases where a tonic medicine is indicated.

Quinine is often used in hair preparations, for its local, tonic effect.

SULPHATE OF CINCHONIDIA and SULPHATE OF CINCHONA.—

When quinine cost several dollars an ounce, the above preparations were often substituted, as they were much cheaper than the more active alkaloid of Peruvian Bark.

Cinchonidia and cinchona both resemble quinine in appearance, taste, and medical qualities. They are less powerful as antiperiodics, but many claim that in fever and ague, after the chills have been broken, they are to be preferred. Since the price of quinine is within the reach of all, these medicines are seldom prescribed; indeed, I cannot recall a single prescription requiring either, since the tariff law was passed lowering the price of quinine.

When administered, they should be given in doses somewhat larger than quinine. As a *tonic*, one to three grains two or three times a day; as an *antiperiodic*, ten to twenty grains per day, in pill form or in solution.

CHINOIDINE is sold in dark brown rolls or sticks, and is the last product from the manufacture of alkaloids from Peruvian Bark. It is sometimes used as a *tonic* and *antiperiodic*. Small pieces, the size of a pea, are broken off and swallowed several times a day. Its actions upon the system feebly resemble those of quinine.

PETROLATUM.

VASELINE.

COSMOLINE.

These products of petroleum are so well known that they need no description. In color they range from a darkish, somewhat yellowish color, to almost white.

Vaseline is softer than cosmoline, and melts easier. Any druggist can supply an excellent quality of petrolatum. When the object is to protect the skin from the atmosphere, there is perhaps no better article than either of the above. They are soothing and bland, and never get rancid, and are much used as emollient dressings to *sores, skin affections, and irritated surfaces* generally.

Vaseline forms a good vehicle for nasal ointments, and it has been recommended for *colds in the nose*, to be applied on the nose and inserted into the nostrils. *Chapped hands, face, and lips*, are rendered soft and pliable by the application of these articles.

I have found nothing which gives better satisfaction, as a dressing for the hair, than *Vaseline Pomade*. It requires but little to soften the hair, it never gets rancid, is pleasant to use, and in every way is superior to most hair pomades.

Liquid Cosmoline is much used as a vehicle for remedies to be applied to the nasal cavity.

In every drug store may be found various preparations, the chief ingredient of which is petroleum, and intended for the skin; they serve a most excellent purpose.

Vaseline and cosmoline are sometimes taken internally for *sore throat, bronchitis, hoarseness, and bad colds*. They lubricate the throat and other parts with which they come in contact, and often have an excellent effect.

CATHARTIC PILLS.

Our drug market is flooded with cathartic pills—secret and non-secret, strong and mild, sugar-coated and plain, large and small. Their manufacture and sale forms an important part of the drug business of America.

The use of cathartic pills has become almost universal. Most

people seem to be educated into the belief that mankind need artificial purgation. This is a mistaken idea, however, and if medicine of this kind were less frequently used, the people would enjoy much better health than they do.

The old-fashioned or "*U. S. P. Compound Cathartic Pills*" contain among other active ingredients one grain of calomel each. While they are a most excellent pill for transient dosing, they are not suited to continued use.

The former method of dosing with four or five of these pills at bedtime has happily gone out of fashion. Large doses of drastic cathartics, while they cleanse the bowels of their contents, strain the intestinal coatings and leave the bowels in a paralyzed condition, thus inviting a constipated habit. One of these pills is enough in most instances.

VEGETABLE CATHARTIC PILLS are a modification of the above, the chief difference being the use of podophyllin instead of calomel. They are an excellent cathartic, and are among the most desirable pills made. *Dose*, one to four.

JANEWAY'S PILLS—*Compound Pills of Aloes and Podophyllin*—contain also $\frac{1}{4}$ grain each of Extract of Nux Vomica and Belladonna, and are an excellent laxative. One or two are sufficient for a *dose*, and they are an excellent tonic as well as laxative. Druggists sell them in bulk.

PINK ROOT—*Spigelia*.

Pink root, also known as *Spigelia*, grows in the southwestern portion of our country, and it is considered one of the most powerful vermifuges we have. Like all *worm medicines*, it is *poisonous* in large doses, yet feebly so, and but few serious effects attending its use are on record. It operates better when combined with a laxative, and the *Fluid Extract of Spigelia and Senna*, kept by all druggists, meets the requirements admirably, as it is quite agreeable to the taste.

The *dose* for an adult is one half tablespoonful; for a child two years old, one half to one teaspoonful, repeated every four hours until it purges.

PIPSISSEWA—*Chimaphila Umbellata*.

This article, also known as *Prince's Pine*, grows in the northern section of the United States; the entire plant is used in medicine.

It has been used for a great many purposes, but its virtues, if it

has any, are very limited. It is somewhat tonic, diuretic, and astringent. It is employed as a domestic remedy for *dyspepsia*, *scrofula*, liver and urinary disorders; it is generally given in combination with more active medicines.

POROUS PLASTERS.

Adhesive Plasters are made both *porous* and *plain*, but the former stick better, allow the escape of the secretions of the skin, are less irritating, and for general use are always to be preferred.

They are medicated with various substances, and are stimulating, anodyne, or strengthening, according to the medicament which they contain.

CAPSICUM OR "CAPCINE," AND MENTHOL PLASTERS, are among the stimulating, and when applied accelerate the circulation of the parts, and are well adapted to the treatment of local pains, rheumatism of the muscles, neuralgia, and internal congestions and inflammations.

BELLADONNA, OPIUM AND BELLADONNA, ACONITE, ACONITE AND BELLADONNA, and HOP PLASTERS, are best calculated to act as local anodynes. Those containing Belladonna are specially useful in *lung* and *bronchial affections*.

STRENGTHENING PLASTERS of various sorts are on the market, and are well adapted to the treatment of chronic soreness and weakness of the muscles, and local pains generally. *Allcock's Porous Plasters* are among the best of this variety; *Arnica Plasters* belong to this class.

A plaster should not be worn for more than one or two weeks, at the end of which time it should be replaced by a new one.

PLEURISY ROOT—*Asclepias Tuberosa*.

Pleurisy root, sometimes called *White Root* or *Colic Root*, grows in the Southern States, and the root only is used in medicine.

Pleurisy root is tonic and diuretic.

It has been employed in *pleurisy*, *pneumonia*, *catarrh*, and *rheumatism*, but it has largely passed out of use.

The *infusion*, one ounce of the powder to one quart of hot water, may be taken in teacupful doses, every two or three hours, to produce sweating.

Dose of the *fluid extract*, one teaspoonful.

POKE—Phytolacca.

The root and the berries of this well-known plant are both used in medicine, but the root is the part principally employed.

Although of rather indefinite effect, it is used in a variety of diseases. It is supposed to be curative of most all kinds of skin affections, and is used both internally and externally.

It is one of the remedies used for *chronic rheumatism*, and is given internally with asserted success in *granular conjunctivitis*. A saturated solution of the berries may be taken in teaspoonful doses, or the *fluid extract* of the root may be given in doses of fifteen to thirty drops three or four times a day.

Phytolacca is supposed to have a specific influence on the *secretion of milk*, and is used to relieve *inflamed, painful, and caked breasts*.

It should be used in the form of fluid extract internally, and an ointment made of the solid extract externally.

I have sold much of this ointment to be used in veterinary practice to prevent *caking of the bag in cows*.

PREPARATIONS OF POTASH.**ACETATE OF POTASH.**

Acetate of potash is found in the stores as a soft white powder, which quickly dampens if exposed to the air.

In small doses it is diuretic, in large doses, cathartic. It is sometimes given in *dropsy*, and in *kidney and urinary troubles*, where its diuretic effects are desired. Cream of tartar is, however, to be preferred in dropsy. Sometimes in large doses it exercises a marked control over *rheumatism*.

Dose, twenty to sixty grains in solution.

CARBONATE OF POTASH.

Carbonate of Potash, *Pearlash*, and *Salts of Tartar*, are generally sold from the same bottle by the druggist, the difference being in their purity when sold separately. Carbonate of Potash is antacid, diuretic, and caustic, and is occasionally prescribed in professional practice. It is not suited to popular use.

BICARBONATE OF POTASSIUM is milder than the carbonate, pleasanter to the taste and less irritant to the stomach. It is much used in *gout, uric acid calculi*, and is one of the best reme-

dies in *acute rheumatism*, but to relieve the patient it must be given in large doses. Ordinary *dose* twenty to sixty grains.

CHLORATE OF POTASH.

This article is found in the stores in crystals and in powder form. During the past few years it has had an unusual reputation as a remedy for *sore throat*, *diphtheria*, and *fetid* and *ulcerated* surfaces generally. It can be found in drug stores in *lozenges* and *tablets* of various kinds, both alone and in combination with other drugs. It is freely prescribed in all those diseases in which the blood is supposed to be poisoned.

Outside of its local effect it does not possess much virtue as a remedy.

Some of the best authorities on the subject reject it altogether. Its only virtue seems to be local, and it possesses undoubted virtue when used as a gargle.

Chlorate of Potash lozenges are an excellent remedy for *fetid breath*, but they should not be used too freely for this purpose. Dissolved in water and sweetened with honey, or glycerine, it makes an excellent wash for *sore mouth in babies*. A saturated solution, (one ounce to one pint of water), forms an effectual gargle for the various forms of *sore throat*. A teaspoonful of the above solution may be swallowed every three or four hours. A little honey or glycerine added to the mixture makes it, not only more pleasant, but more effectual. If the sore throat is of a *diphtheritic* nature, tincture of iron may be added with advantage.

COHEN'S GARGLE, containing, chlorate of potash, Guaiac, Peruvian bark and snake-root, flavored with honey, can be procured at any drug store and is a most excellent gargle. It may be taken in teaspoonful doses with decided benefit in throat troubles.

CITRATE OF POTASH.

Citrate of Potash usually occurs in the form of a white granular powder, which dampens on exposure to the air. It is diuretic and refrigerant, and is highly prized as a remedy for *fevers*.

Rheumatism, and certain *urinary affections*, are often greatly relieved by its use.

The usual *dose* is from ten to twenty grains, in solution, flavored with lemon.

CYANIDE OF POTASH.

Cyanide of potash is a most DEADLY POISON.

It occurs in white, opaque lumps, and smells very much like peach kernels, or prussic acid.

It is used by *photographers*, and occasionally to *kill insects*. Mention is made of it here to call attention to its poisonous effects. The *dose* is one-eighth of a grain, but it is very seldom used.

PERMANGANATE OF POTASH.

Permanganate of Potash occurs in deep purple prismatic crystals. It is soluble in twenty times its bulk of water, to which it will impart its color.

It is seldom taken internally.

Its solution is a powerful disinfectant, and has been largely used to *correct the odor* of ulcers, cancers, and abscesses; for which purposes sixty grains to the pint of water is the proper strength. A solution of this strength will be found an effectual *mouth wash* and *gargle* for *bad breath*, and also to remove *fetid perspirations of the feet*.

The chief objection to its use is the color it imparts to linen. This color is, however, not permanent, and can be washed out.

It is extremely useful to *purify vessels* used in the sick room, where contagious or offensive diseases prevail.

The stains caused by permanganate of potash are easily removed by washing with a solution of oxalic acid in water.

LIQUOR POTASSÆ.

Liquor Potassæ, or *Solution of Potassa*, is often alluded to in works on chemistry, it being much used in chemical tests and reactions. It is a clear, strongly alkaline liquid, not suited to medicinal purposes.

POULTICES.

The object of poultices is to impart heat and moisture to the parts. Aside from heat and moisture, they may also contain anodynes, counter-irritants, or astringents.

Poultices unquestionably favor suppuration, or the formation of pus, and at the same time modify the pain, irritation, and local fever attending the suppurative process.

They also act as *counter-irritants* in inflammatory conditions of internal organs, as the lungs, bowels, etc., causing a determination of blood to the skin to which they are applied. Irritants, such as *mustard*, added to poultices, increase their counter-irritant qualities. When applied to influence deep-seated diseases, they should be large, applied hot, frequently renewed, and, as a rule, mustard should be added.

If poultices are poorly made, as many of them are, they are only a nuisance. A celebrated physician once said: "Poultices are blessings or curses, as they are well or ill made." They should be made, spread, and applied quickly, and when applied covered with oiled silk, rubber cloth, or paper to retain the heat and moisture. While it is necessary for a poultice to be warm and wet to be of benefit, poulticing must not be overdone. When the parts become pale or white, swollen, relaxed, or have a sodden look, it has been carried too far, and should be at once discontinued. Because a physician orders that a part be poulticed, he does not mean that this should be continued for weeks.

Poultices are applied, as a rule, to relieve pain, subdue inflammatory action, and promote suppuration; when this has been accomplished, the poulticing should cease. The author is acquainted with a lady whose husband had a pain in one of his lungs. The doctor told the wife to apply a poultice; she kept poulticing night and day for weeks. He soon afterward died, and she now believes that she "poulticed him to death."

Flaxseed meal is most used, and is perhaps the best substance for making poultices. *Indian meal* is perhaps next in value, and if the poultice is for some deep inflammation, one of these articles should be chosen. The flaxseed is the easier handled, but the Indian meal is said to hold the heat longer. *Ground Elm bark* makes a very superior poultice; *bread and milk* poultice is non-irritating, and bland, but somewhat expensive.

Plenty of water should be used in making a poultice, and, as a rule, it should be spread about one-third inch thick. If Glycerine be added it will greatly aid in prolonging the heat and moisture of poultices.

FLAXSEED MEAL POULTICE is made in the following manner: First scald out a dish or pan to heat it; put in as much flaxseed meal as desired for the size of the poultice, and add boiling hot water, constantly stirring, until a soft mass (not too soft) is formed. Lay a piece of muslin or flannel, somewhat larger than the poultice is to be, on a *hot* plate or waiter and then spread. The edges of the cloth should be turned about an inch over the edge of the poultice, and the face of the poultice covered with a piece of thin gauze. This is not necessary, but it makes the poultice easier to take off. A little Vaseline or Lard on the face of the poultice is an improvement. If much pain is present, thirty to sixty drops of Laudanum may be dropped on it; or, if both pain and fever are present, Lead-water and Laudanum may be added. Oiled silk, rubber cloth, or oiled paper, should cover it after it is applied.

A **MUSH POULTICE** is made of Indian meal, and is prepared as

if the mush were to be eaten. It is the warmest of all poultices, well suited to reach deep inflammations, as *pneumonia*, *pleurisy*, *dyseutery*, etc. It is spread, applied, and covered like a flaxseed poultice.

EMPLASTRUM KAOLIN, sold also as *Antiphlogistine* and under other names, is a putty-like compound much used for poultices, especially for *boils*, *felons* and superficial and *painful swellings* and *inflammations*. It should be applied warm spread on a cloth and renewed as required. It is harmless, easy to use and is less bulky than most poultices, and during recent years its use has been enormous. Bronchitis, pleurisy, rheumatism and other painful afflictions are often greatly relieved by its use. When long kept it should be protected from the air.

BREAD POULTICES.—Scald out the basin, pour in boiling water, and throw in some previously prepared, moderately stale bread-crumbs, and cover with a plate; when the bread has become thoroughly saturated, pour off the remaining water and spread the wet, hot bread pulp on folded linen and apply warm. A slice of stale bread, stripped of crust, may be made the same as hot-water toast and applied warm. Care must be taken not to burn the patient, as a bread poultice practically consists of its bulk of hot water.

SLIPPERY ELM POULTICE is made by adding boiling hot water to powdered or ground elm bark, and applying on a cloth. Where the skin is irritated, elm poultices are specially applicable.

BREAD AND MILK POULTICE.—Made by pouring boiling milk upon stale bread crumbs and thoroughly mixing until of the consistency of mush.

ONION POULTICE.—Partially roast two or three onions and mash and spread on muslin.

Onion poultices are specially useful for *croup* and *catarrhal* affections in children. *Fits* may sometimes be prevented by applying onion poultices to the arms and legs of children.

MUSTARD POULTICE or Mush and Mustard Poultice.—Mix one part of mustard with four parts of Indian meal mush, spread, and apply hot, and cover with oiled silk, rubber, or paper.

This poultice is warming and an active counter-irritant. It may be kept on for hours, and is often to be preferred to the mustard plaster, which cannot be borne for any great length of time.

CHARCOAL POULTICE.—Made by adding hot water to bread crumb and adding an equal quantity of flaxseed meal; after stirring in sufficient boiling water, add one or two tablespoonfuls powdered wood-charcoal. Spread and apply. Useful in *grangrenous*, *foul*, and *fetid* ulcers and sores.

Boiled carrots, turnips, or roasted apples make excellent poultices when mashed, spread on muslin and applied.

FOMENTATIONS.

Fomentations are local hot baths. They may consist of flannel cloths wrung out in hot water, or of anodyne or bitter herbs steeped in hot vinegar or water, and placed in a bag and applied to the parts. They should not be so wet as to soil the clothes of the patient, but should be as hot as can be borne.

If frequently renewed they act much more effectually in relieving pain and subduing inflammation than a poultice.

Fomentations should be covered with a dry cloth and removed every few minutes.

PRESCRIPTIONS.

A prescription is a written formula, receipt, or order from a physician to a druggist. To put up or compound a prescription requires the use of exact quantities of certain medicines, properly mixed and labeled with specific directions for its use. It requires much more knowledge and skill to be a thorough prescription clerk than many suppose.

Prescriptions begin with the abbreviation "R" (Recipe; take, or take thou), and, with the exception of the directions, they are usually written in Latin. They are written in Latin all over the world, and no matter where a prescription finds its way, druggists are generally able to compound it. The Latin is thoroughly technical, and if all physicians and druggists were familiar with it, as far as correctly understanding just what drugs are meant, there would be very few errors from this source.

Much has been written and much controversy evoked in regard to the ownership of prescriptions. Occasionally a customer demands the original prescription, and is not satisfied with a copy. It is but fair that the druggist be allowed the original for his own protection. We believe there is no law upon the subject.

There is often great harm done by continuing medicines beyond the time intended by the physician who wrote the prescription. A physician has a right to know just when and for how long a time his medicines are being taken. Some people will get a prescription from a physician and have it filled indefinitely. I was informed recently that a prescription, written by me more than ten years ago, was still being filled occasionally, and one case is on record where the same prescription was

refilled almost regularly for over thirty years. Most prescriptions are written to meet immediate needs and present conditions, and their indefinite use, unless so ordered by the attending physician, cannot be too strongly condemned.

The opium, chloral, and alcohol habits are often formed in this way, and every druggist should carefully guard against such an unfortunate occurrence.

PRICKLY ASH—*Xanthoxylum Fraxineum*.

Prickly Ash Bark is stimulant, tonic, and supposed to be alterative.

The bark is sometimes chewed for *sore mouth*, and it is used internally for *rheumatism*.

Its real virtue, if it has any, is without much proof.

Dose of the *fluid extract*, one-half teaspoonful three or four times a day.

It enjoyed the confidence of the eclectic physicians for some time, but is at present but little used.

PULSATILLA.

Pulsatilla is found in the drug stores in the form of the *Tincture* only.

It is an old remedy, and has been used in homœopathic practice very extensively.

Virtues of many kinds have been ascribed to it. *Chronic inflammatory diseases* of the eyes, skin, mucous membranes, rheumatism, painful female irregularities, and *stomach disorders*, have all seemed to yield to its influence.

It is said to quickly relieve *dyspepsia* and gastric catarrh, when accompanied with a white-coated tongue, or greasy taste in the mouth, nausea, heartburn, and flatulence.

Coughs, especially when due to irritation, nervousness, or habit, are benefited by pulsatilla.

Dose of the *Tincture*, three to five drops in water every three or four hours. In *overdoses* it is *poisonous*.

PUMPKIN SEEDS—*Pepo*.

Pumpkin seeds are unquestionably the safest and surest remedy we have to remove *tapeworm*.

They are prepared as follows. The husks are removed from

one or two ounces of the seeds, the kernels are powdered in a mortar with a small portion of granulated sugar or sugar of milk, and the whole taken in water or milk, the patient having fasted for twenty-four hours previously. In a few hours a full dose of castor oil should be given.

If the first trial is not successful, the dose may be repeated the second day, followed with the purgative as before.

No harm follows the use of pumpkin seeds. The writer has so often witnessed the power of pumpkin seeds to destroy tapeworm, that he is persuaded that no other agent compares with them for this purpose.

QUASSIA.

Quassia is a mild tonic, not in the least irritating or constipating.

When a simple bitter is indicated, it is one of the best, and may be given in cold infusion; one-half ounce to a quart of water.

Dose of the infusion, one tablespoonful to half teacupful, as desired.

Dose of the tincture, one teaspoonful.

SIMARUBA is very similar to Quassia.

An infusion of Quassia, injected into the bowel with a syringe, is one of the best remedies for *seat worms*.

Quassia cups, sold by most druggists, are a novel yet effective form of administering the bitter principle of the drug.

QUEEN OF THE MEADOW—*Eupatorium Purpureum*.

This plant, also known as *Trumpet Weed* and *Purple Boneset*, grows in low places; the root is the part employed.

The root is bitter, astringent, stimulant, and strongly diuretic.

It is used in diseases of the *urinary organs*, *female complaints*, *rheumatism*, and *dropsy*.

Some have claimed that it will dissolve *stone in the bladder*, but there is no reason to believe that it possesses such powers. Such a serious matter should always be treated by the family physician.

QUEEN'S ROOT—*Stillingia*.

Queen's root, sometimes called *Queen's Delight*, is indigenous in the Southern States.

The root is the medicinal portion.

It has gained a wide reputation as a *blood purifier*, and is well suited to cases with a *scrofulous* or *syphilitic taint*. The opinion of the profession, however, is not a unit on the subject. Queen's root is an ingredient of many popular alterative compounds, and is employed in *scrofula*, *liver disorders*, *chronic rheumatism*, *skin diseases*, and *constitutional syphilis*. It is harmless and is worthy of a trial. It may be taken in the form of a *decoction*, made by boiling one ounce of the root with three pints of water, down to one pint.

Dose, a wineglassful three times a day.

The *fluid extract* is a good preparation.

Dose, ten to twenty drops; also

The *compound fluid extract*—*Dose*, one-half to one teaspoonful.

The *compound syrup* is much used in some localities, and may be taken in doses of one teaspoon- to one tablespoonful.

RASPBERRY—*Rubus*.

Raspberry, the leaves of which are used in medicine, grows wild in the Northern States.

It is somewhat astringent in its effect, and is used in *diarrhœa*, *dysentery*, *cholera-infantum*, and *relaxed conditions* of the bowels in children.

The *infusion*, one ounce to one pint of water—*dose*, one, two, or more tablespoonfuls.

There is a *syrup of raspberry* on the market, which has no particular medicinal quality, yet water sweetened with it makes a refreshing drink in fevers.

REST.

In giving Rest a place among the agents used to overcome and cure disease, the writer feels assured that he is giving the word a significance it preëminently deserves.

Rest, is at once the safest, surest, cheapest and best remedy we have to prevent and cure disease. Rest—sweet rest—of mind, body, muscle, eye and stomach. There is nothing so potent.

Much of the pain we suffer, and many of the diseases we endure could be completely warded off by timely, unfettered rest. Much of the dyspepsia of modern times is simply a cry for rest; much of the nervousness is exhaustion from overwork; much of the decrepit manhood and early decay is due to the friction of ceaseless toil. There are numberless cases of exhausted vitality and

lingering ill-health, which would rapidly recover if rest were secured. By neglecting to heed the warnings of bodily fatigue and frequent indispositions, and slavishly following the routine drudgery and incessant strain of modern business life, people invite sickness of every sort.

Rest, in the minds of many people, is associated with laziness and cowardice, and in consequence of such false ideas many become confirmed victims of enervation and fatigue, forgetting that to alternate Labor with Rest is an inexorable law framed by an Infinite Mind.

When the body, or any part of it is exhausted, it is useless to stimulate it. Millions of dollars are annually spent in this country for medicines, where simple rest would be more helpful. Physicians are daily called upon to prescribe medicines for people with overworked minds and bodies, when Rest, fresh air and relaxation, and *not* medicines, are needed. The overworked and exhausted class are liberal patrons of quackery. Advertisements calling attention to "that tired feeling" are always opportune, as there are those on every hand to whom it fittingly appeals, and who hopefully cling to anything promising them relief.

Many people are born into the world with a very limited amount of vitality as an inheritance. They never will be robust and strong; but they will live to a good old age and accomplish an abundance of work, if they wisely intersperse their labor with rest. Those who prudently take care of the body, often live and enjoy life on a very small amount of physical vitality.

Many cases of dyspepsia will disappear, if a nap is taken every day after dinner; much of the nervousness, now so common, would vanish, if early retiring to bed were adopted; and much of premature decrepitude be avoided, if people would cease their intense and prolonged application to mental and physical labor.

"Few people know how to rest. A perfect relaxation of the tense muscles and the busy brain is necessary, as well as cessation or change of occupation. Most people carry the anxiety of the day's labor into the hours which should be wholly given to recreation, recuperation and Rest. It is not impossible to dismiss anxious and worrying thoughts. If indulged, of what value are they? Will the apprehensive fears of the physician for the life of his patient accomplish ought for that patient's recovery? No: and the physician dismissing such fears, and bringing his mind into a restful and harmonious order, will find himself stronger of nerve, and more able to cope with disease and suffering when he next encounters it.

"If the nervous, worrying people of America, whose lives are

being wasted by their mistaken haste, and their waste of nervous force, could realize the true value of Rest, a new era would dawn upon us, and the coming century would show a race of people healthier, happier and holier."

RHUBARB—Rheum.

Rhubarb Root plays an important part in the domain of medicine. It is imported from China, Tartary, Siberia and India.

"Russian" and "Turkey" Rhubarb, although called for occasionally, are no longer to be found in the American market.

There is a great difference in the quality of Rhubarb Root found in the stores. Some specimens are of excellent quality, others are practically worthless; some are yellow, others are brown and dark; some pieces are light in weight, soft, and spongy, others heavy, compact, and brittle. The only safeguard in purchasing it is to deal with a druggist who keeps the best, and is reliable enough to recommend a good article only. The virtue of the liquid preparations varies more, no doubt, than that of the whole root. It is sold in square sticks and in small cubes, and my experience has been that only select varieties are found prepared in these shapes.

Rhubarb occupies an important and peculiar place among medicines. It is tonic, laxative, cathartic, and also astringent. These properties eminently fit it for the treatment of many derangements not remedied by other drugs. It is peculiarly adapted to the treatment of the *bowel affections* of the debilitated and aged, and of childhood and infancy. As a cathartic and laxative, Rhubarb is well adapted to persons of debilitated health and those advanced in years. It does not weaken the system like many cathartics. In the *constipation* accompanying piles, it is extremely useful; but its astringency should be overcome by tablespoonful doses of olive oil taken nightly.

As a remedy for the *diarrhœa* and *bowel complaints* of early childhood, it is highly prized. For these affections it is constantly prescribed by the profession, and is as highly appreciated by the laity. In all cases of *diarrhœa*, where the patient is debilitated and the bowels are weak, it is the best cathartic we have.

It is sold in many different forms; *Rhubarb Root* is often carried in the pocket and chewed and swallowed ad libitum, for constipation; and for elderly and feeble persons so troubled it is

to be numbered among the most useful laxatives. A little experience will determine the amount necessary to take.

Powdered Rhubarb is not much used alone, but in the form of *Rhubarb and Magnesia*; it forms an excellent laxative and corrective. The following is the formula for

A—551.—RHUBARB AND MAGNESIA.

Rhubarb,	2½ drachms
Magnesia,	6½ drachms
Powdered Ginger,	1 drachm.
Mix thoroughly. <i>Dose</i> , one teaspoonful.	

Compound Rhubarb Pills, containing Rhubarb, Aloes, Myrrh and Oil of Peppermint, are for sale in all drug stores, and are a safe and desirable laxative. They are, however, rather too large to be swallowed easily. *Dose*, one to three.

Tincture of Rhubarb in small doses is tonic, and well adapted to the enfeebled digestion, weak vitality, and torpidity of the liver and other secretions, especially of persons in middle and advanced life.

PLAIN SYRUP OF RHUBARB is a very safe and appropriate laxative for small children and infants. *Dose*, one-half to one teaspoonful for an infant, or the same as the following.

SPICED OR AROMATIC SYRUP OF RHUBARB is a most valuable preparation, and is largely prescribed by the profession and used by the laity. It is composed of rhubarb, cloves, cinnamon, and nutmeg, and not only promotes the action of the bowels, but gently stimulates and corrects them. If given early it is curative of *Diarrhœa*, and tends to relieve the "colicky" pains which usually accompany this affection.

Dose.—As a purgative for a child six months to one year old, *half a teaspoonful*; two to three years, *one teaspoonful*; six to eight years, *two teaspoonfuls*; adults, *one or two tablespoonfuls* repeated every three or four hours until it operates.

Equal parts of *Spiced Syrup of Rhubarb and Castor-oil* mixed, form an excellent laxative, soothing and healing to the bowels, and is well adapted to infantile diarrhœas and dysenteries. The syrup largely disguises the taste of the oil.

SACCHARIN.

This article is made from coal tar, is very complex in its composition, is a light-colored or white granular powder, and somewhat soluble in water.

Saccharin is said to be about "280 times as sweet as sugar," and

is used to sweeten confectionery and tea and coffee where sugar is objectionable, as in *diabetes* and *gout*. It has been predicted that saccharin will eventually revolutionize the art of sweetening, but there are no indications that such will take place. One or two grains will sweeten a cup of tea or coffee.

The best way to use it is in the form of tablets to be found in drug stores. Saccharin possesses no medicinal virtues.

SAFFRON—Crocus.

True saffron is seldom seen in the retail drug market. What is sold at the drug stores as saffron is *Carthamus Tinctorius*, called *American Saffron*. Genuine Saffron is worth from one to two dollars per ounce. This will not seem exorbitant when we learn that it takes about 4000 flowers to weigh an ounce. Druggists sell *American Saffron* and label it "saffron," and tea is made of it and given to infants. I do not know what diseases it is intended to cure. It is usually given to babies before they are old enough to be sick. It is a custom which might easily be discarded.

SAGE—Salvia.

Common Sage is used as a condiment, and the infusion (half ounce to a pint of boiling water, sweetened with honey) is an excellent gargle for *sore throat with elongated palate*.

Weak sage tea, containing a little borax and sweetened with honey, is a good *wash for sore mouth* of children.

Sage tea is used for *fevers* and for the *night sweats of consumption*.

SALICYLIC ACID.

This drug is found in the stores in soft, flaky, slightly reddish-white powder. It is made from various substances, chiefly from willow, and is used for a number of diseases.

Salicylic Acid possesses decided antiseptic properties, and is used as an anti-ferment. It will keep grape juice or cider from fermenting, and is an ingredient of the various "anti-ferment" compounds sold to keep fruits from fermenting in jars.

About twelve grains of the acid to the gallon will prevent cider from further fermentation. There have been strong objections raised against its use for this purpose.

Its antiseptic qualities at one time brought it into considerable

use as a dressing in surgery, etc., but it is not much used now. Salicylic acid is used principally for *rheumatism*, and in a great many cases of this disease seems to impart specific virtues. It is impossible to tell what cases it will benefit until it is tried.

As Salicylic Acid is almost insoluble in water, it is best administered in the form of Salicylate of Soda, or Oil of Gaultheria. These preparations contain the acid, and can be compounded to good advantage.

Dose of Salicylic Acid is from five to fifteen grains three or four times a day, suspended in syrup or elixir.

OIL OF GAULTHERIA may be given in emulsion in doses of ten or fifteen drops, three times a day.

SALICYLATE OF SODA, on account of its solubility in water, is much prescribed in place of salicylic acid, and may be given in doses of from three to twenty grains in solution three or four times a day. It is given for exactly the same affections as salicylic acid.

SALICIN.

SALICIN is so closely allied to Salicylic Acid that we give it a place here. It is made from the willow, and resembles salicylic acid very much in its action.

Dose, five to ten grains three times a day, dry on the tongue or in capsules.

SALOL is another product similar to Salicylic Acid, and is a white and tasteless powder.

On account of its being insoluble in water, it is generally dispensed in pill form.

Dose, five to ten grains three times a day.

SANTONIN.

Santonin is made from Levant wormseed, and occurs in small white crystals, turning yellowish with age or exposure.

It is used more than any other drug for the destruction of worms in the alimentary canal.

It may be well to mention two phenomena attending its use. The patient will "see yellow," *i. e.*, things will appear yellow; the urine will be yellow also, sometimes assuming almost a purplish hue.

It is an excellent *vermifuge*, and is the medicine in most all patent worm confections, each lozenge usually containing about

one-half grain. Proprietary worm lozenges give general satisfaction. They can be purchased in bulk at drug stores. Their use should be followed by cathartic medicines, and in no instance should they be given to a child in larger doses than directed on the packages containing them.

Quite a number of *deaths* have occurred from overdoses of Santonin, and for very young infants it should not be used, except as prescribed by a physician.

The *dose* for an adult is two to four grains; for a child two years old, one-fourth to one-half grain.

Two or three grains may be incorporated in *suppositories* and inserted into the bowel for *seat worms*.

It sometimes will relieve incontinence of urine—*wetting the bed*—when all other remedies fail. As this affliction is often the result of worms, Santonin should always be considered as a very appropriate remedy.

CRAB ORCHARD SALTS.

A mild saline purgative obtained by evaporating the waters of the Crab Orchard Springs, in Lincoln county, Kentucky.

The crude salt occurs in small, mottled, irregular particles, not entirely soluble in water. The purified is white in color, soluble in water, and more active as a cathartic than the crude, but the crude is said to possess tonic properties, which are not present in the purified form. The *dose* is one or two teaspoonfuls.

EPSOM SALTS—Sulphate of Magnesia.

These salts were originally obtained by evaporating the waters of the saline springs at Epsom, England. The improvements in chemistry have rendered the manufacture of Epsom Salts on a large scale, exceedingly easy.

As sold in the stores, it occurs in small, colorless or whitish, prismatic or needle-shaped crystals. On exposure to the atmosphere it gradually turns white, a change due to a loss of the water of crystallization.

The taste of salts is saline, cooling, bitter, and to most people very disagreeable.

Epsom Salts is an efficient cathartic. It is much more suited to robust, plethoric people than to delicate, weak persons.

At the beginning of *fevers* and *inflammatory* conditions, it is

often the best laxative that can be given. It is, perhaps, the most active, and, at the same time, the least irritating saline cathartic we have.

In *obstinate constipation* it is among the safest and surest remedies.

Lead colic is not only relieved but prevented by the use of these salts.

SALTS AND SENNA form a well-known domestic cathartic. The salts add greatly to the activity of senna and render it less liable to gripe. I have usually mixed one-fourth ounce salts, one-half ounce senna, and a few coriander seeds; to be made and drank the same as senna tea.

The old-fashioned *Ferro-saline mixture* (Epsom salts, one ounce; cream of tartar, one drachm; dried sulphate of iron, ten grains; water, one quart), was formerly much prescribed as a remedy for constipation, when due to a torpid condition of the lower bowel; especially in those who lead sedentary lives. The dose of this mixture is from one to four tablespoonfuls, shortly after rising, every morning.

There is no better remedy in the first stages of *dysentery* than Epsom Salts.

Dose, from a teaspoonful to a heaping tablespoonful, or more, dissolved in water. A very small quantity in a glass of water, preferably warm, before breakfast, will generally act as a laxative. Its disagreeable taste is largely covered if taken in coffee. Three or four drops of essence of peppermint will also disguise its taste.

GLAUBER SALTS—Sulphate of Sodium.

This salt is but little used in medicine. It is sold in irregularly-shaped crystals, which turn white and pulverize on exposure to the air. It is the most abundant and active ingredient in many of the laxative, saline mineral waters.

Carlsbad, Vichy, Hunyadi, and many others, owe their cathartic action principally to sulphate of soda.

It is much used in veterinary practice, perhaps because it is cheap in price, and is often called "*horse salts*."

ROCHELLE SALTS—Tartrate of Potassium and Sodium.

Rochelle Salts, as found in the stores, is a white, soft powder, very soluble in water, with a somewhat unpleasant, saline taste.

It is much less thorough, as a cathartic, than Epsom Salts, but

as it is so much more pleasant to the taste and mild in its action, it is generally to be preferred as a cathartic, where the stomach is irritable, and for a purgative at the beginning of the various fevers.

Many persons take Rochelle Salts, habitually, as a laxative, which is not a good practice. Its continual use renders the urine alkaline, and favors the formation of stone in the bladder in those predisposed to phosphatic deposits. *Dose*, from a teaspoonful to a heaping tablespoonful, dissolved in water.

SEIDLITZ POWDERS—(*Pulvis Effervescens Compositus*), contain two drachms of Rochelle Salts, in the blue paper, with forty grains of bicarbonate of soda; the white paper contains thirty-five grains tartaric acid. They are taken by dissolving each powder separately in one-fourth tumbler of water, pouring together gradually and drinking during effervescence. A few drops of lemon and a little sugar will render them quite palatable, and when intended for children should not be omitted. One Seidlitz Powder, if taken before breakfast, or at any time on an empty stomach, with plenty of water, will generally operate. Two are often required, and may be taken, both at once; or, they may be repeated, every three or four hours, until the desired effect is obtained.

Seidlitz Powders are very useful to relieve the *indigestion* which follows over-eating at unseasonable hours.

At the beginning of *fevers, bronchitis*, etc., they are extremely useful, when less palatable medicines cannot be taken.

Seidlitz Powders should be kept in a dry place, and when purchased in quantities they should be kept in a tin box.

SALTPETRE—Nitrate of Potash.

This drug, also called *nitre* or *sal nitre*, is generally sold in the stores in small lumps or crystals, but the granulated or powdered is much to be preferred. The lump is no better in quality, although sometimes supposed to be.

When taken internally, saltpetre is refrigerant, diuretic, diaphoretic, sedative, and in large doses, cathartic.

It is but little used in medicine, except in veterinary practice, where it is one of the chief medicines to reduce fever, and is valued for its diuretic qualities.

It is generally an ingredient of the various *asthma fumigators*, in which it fills two offices: imparting medicinal virtues to the compound, and assisting in keeping up the fumigating process.

Blotting paper, or paper made for the purpose, may be soaked in a saturated solution of saltpetre, dried, and then burned, the smoke of which, when inhaled, affords marked relief in attacks of asthma. Any druggist can prepare this paper.

Saltpetre is often prescribed in fevers, and is one of the many remedies for *inflammatory rheumatism*, but it requires large doses, and its use is not in keeping with the best modern practice. Other remedies, less objectionable, answer the purpose better.

It might often be added to cough mixtures, in acute diseases with fever, such as bronchitis. *Dose*, ten to thirty grains.

It is said to be the principal ingredient in Warner's Kidney and Liver Cure, and from personal experience in preparing a similar preparation, the author feels assured that such is the case. Why it should be so praised is one of the mysteries of the patent medicine trade.

A small quantity of saltpetre added to meat when it is being salted, assists the preservative qualities of the salt, and adds greatly to the appearance of the meat by deepening the redness of the lean portion, and in no way injures it.

SAL PRUNELLE is little less than saltpetre. It can be bought at any drug store, coming in white balls about the size of large cherries. Allowing these balls to dissolve in the mouth is an efficient way of treating acute inflammatory *throat affections*.

SARSAPARILLA.

There are several varieties of this root, but the principal one used in legitimate pharmacy is the Honduras variety. It comes in bundles, the roots being about as thick as a goose quill and several feet in length.

For three centuries Sarsaparilla has been recognized as a "blood purifier," and its reputation as such has not been equaled by any other medicine.

Physicians and laymen have been captivated by its virtues, whether assumed or real, and the patent medicine man has made millions of money because this popular opinion has never been exploded.

The name "Sarsaparilla" attracts attention, as seen on the fences, house roofs, in almanacs, drug-store windows, or on the face of a bottle, and it sounds well to the ear. (Sarsaparilla—Zarza, "a briar," and parilla, "a little vine;" or perhaps named for Doctor Parillo, who first used it.)

The author has taken considerable interest in this drug, and

has endeavored to arrive at some definite conclusion in regard to its virtue as an alterative medicine.

The opinion of the medical profession is non-committal. Physicians prescribe it, because it is customary to do so; people take it, because it is pleasant, and the patent medicine men use it, because it is harmless, and there seems to be a popular demand for it.

It is always given with other medicines, and I believe I not only express my own, but the general opinion of the profession, when I say that its virtue largely depends upon the other medicines which are prescribed with it.

When it is given in decoction, the hot water given with it does the good, and *not* the Sarsaparilla. When it is given with Iodide of Potash, or Bichloride of Mercury, it is these medicines, and not the Sarsaparilla, which cures the patient.

The various patent "Sarsaparillas" are laden with other medicines, and Sarsaparilla is used chiefly as a vehicle to carry the concoctions into popular favor.

It is never given alone, but its various preparations form excellent vehicles for other and more active medicines.

The most commendable preparations are:—

The Compound *Fluid Extract*, *dose*, one-half to one teaspoonful.

Compound Syrup (containing sarsaparilla, guaiac, licorice, senna, sassafras, anise, wintergreen, etc.), *dose*, from one teaspoon- to one tablespoonful at meal time.

SASSAFRAS.

The bark of sassafras root is recognized as a mild blood purifier and is perfectly harmless. In rural districts it is sometimes used as a table drink instead of tea and coffee. Properly made and sweetened to the taste, sassafras tea is quite palatable.

A strong decoction of sassafras root bark is an effectual application to the eruption caused by *poison oak* or *poison ivy*.

SASSAFRAS PITH makes an excellent mucilaginous drink for inflamed stomach. Its solution is often used as a wash in inflammation of the eyes.

OIL OF SASSAFRAS is much used as a flavor in the manufacture of confectionery and summer drinks.

SCULLCAP—Scutellaria.

Scullcap is seldom used in medicine. It has a reputation as being a nervine and tonic. It has been used in convulsions, neuralgia, and nervous prostration. It, however, is very feeble in its action, if it possesses any value whatever.

The Fluid Extract is the best preparation. *Dose*, one teaspoonful.

SENEKA SNAKE ROOT—Senega.

Seneka Snake Root, *Rattlesnake Root*, *Mountain Flax*, or *Milkwort*, grows wild in all parts of the United States.

It is supposed to be somewhat expectorant and to be of service in *pulmonary affections*, but it is of rather doubtful value. It is one of the ingredients of Compound Syrup of Squills, and is occasionally used both by the profession and by the laity.

Syrup of Senega—*Dose*, one or two teaspoonfuls, represent the properties of the root, and will be found a stimulating expectorant, relieving what is called "*tightness*" of the chest, and will be found useful in *chronic bronchitis*. It is seldom administered alone.

SENNA.

There are two principal varieties of Senna Leaves sold in the stores, the *Alexandria* and the *Tinnevely*, either of which is used by the druggist in preparing medicines, but the latter is the more desirable.

Senna is classed among the safest and surest of cathartics. It is well adapted to febrile and inflammatory cases, and it acts on the whole alimentary canal.

It is generally given in the form of "*Senna tea*," to which should be added some aromatic, as coriander seeds, to prevent griping. Epsom or Rochelle salts added to it will greatly modify its tendency to cause pain, and the addition of manna improves its taste.

It is said that the smell of it will purge some people, and when given to nursing women it will render the milk laxative.

It is claimed for it that continued use does not leave the bowels inclined to constipation, as many other cathartics do.

Senna Tea or Infusion Senna—Senna, one ounce; coriander seeds, one drachm; boiling water, one pint. *Dose*, one-third, of the pint, to be repeated if necessary. This is one of the best cathartics possible.

Fluid Extract Senna—*Dose*, one to four teaspoonfuls.

Fluid Extract Spigelia and Senna is used as a vermifuge, and a most excellent one it is. *Dose*, twenty drops to one-half teaspoonful for a child two years old, or two teaspoonfuls for an adult. Senna is the active ingredient of *Compound Licorice Powder*.

SERPENTARIA—Virginia Snake Root.

The root of *Serpentaria*, commonly known as Virginia Snake Root, grows in many parts of our country, and is much used in medicine, both domestic and professional.

While all kinds of therapeutic virtues have been ascribed to it, yet it is only a stimulating tonic. It is much used as an addition to mixtures for *catarrhal* and *pulmonary* troubles of a chronic type.

It is said to be of benefit in *dyspepsia* and *malaria*, and is one of the ingredients in Huxham's Tincture, but it is not much used alone.

A gargle made of the *infusion* of *Serpentaria* has been much used for *diphtheria*.

The *Fluid Extract of Serpentaria* is almost a specific for the eruptions caused by contact with "*poison ivy*." Two or three applications seem to kill the poison completely.

Fluid Extract Snake Root—*Dose*, fifteen to thirty drops.

Tincture of Snake Root—*Dose*, one-half to two teaspoonfuls.

Infusion of Snake Root (one-half ounce to pint of water)—*Dose*, one-half to one wineglassful.

NITRATE OF SILVER—Argenti Nitras.

This article when run into moulds is called LUNAR CAUSTIC. It is seldom given internally. At one time it was much employed in doses of $\frac{1}{8}$ to $\frac{1}{4}$ grain in the treatment of ulcer of the stomach, chronic gastritis, diarrhœa and dysentery, St. Vitus's dance, locomotor ataxia, and epileptic fits. Its continued use, internally, is apt to indelibly discolor the skin, and give it a peculiar bluish-slate hue.

Locally it acts as a caustic, and is much used as an application especially to mucous membranes. It is used both in solution and in solid form.

The use of caustic has been very much abused by the people. It is not wise nor even safe to "burn out the throat" of every person who is troubled with some derangement of that organ.

It is an exceedingly valuable remedy, however, and used in the right way at the right time is a powerful curative agent. It occupies a place in medicine peculiarly its own. In ordinary sore throat, it often proves extremely useful; in fact, no remedy is so potent to dispel morbid conditions of mucous membranes as nitrate of silver. Its caustic effects are very superficial and do not extend beyond the point of contact.

Felons, boils, and even bed-sores are sometimes cut short by the timely application of lunar caustic.

STICK CAUSTIC occurs in small sticks encased in paper, or it can be procured from any druggist in wooden cases. In this form it is specially adapted to carrying in the pocket, and will be found useful as an application to *poisonous wounds, morbid growths, obstinate ulcers, warts, etc.*

Nitrate of silver enters into the composition of many *hair dyes*; all such should be used sparingly, and contact with the scalp and fingers avoided in the application of the dye.

Caustic stains resulting from contact with nitrate of silver may be removed by first wetting them with water, then dropping on a little of the *tincture of iodine*, and finally washing out with a solution (thirty grains to the ounce of water) of *hyposulphite of soda*.

SOAP BARK—Quillaia.

Soap Bark, although not a medicine, has become an agent of much importance.

It is sold in the stores in a coarse powder as "ground" soap bark.

It is used chiefly in the drug store to produce a foam on soda water.

Powdered soap bark is exceedingly irritating to the nostrils, and its use has been recommended as a sternutatory, but I question the wisdom of irritating the membrane of the nose by breathing it.

Its principal use has been as a detergent to cleanse silks and woolen goods.

BICARBONATE OF SODA.

This article, known in the household as *Baking Soda*, is a white powder with a saline taste and is soluble in water.

It is much used in cooking and as a medicine to relieve *acidity of the stomach*, and for this purpose is perhaps less irritating than

any other alkali, yet it should not be used habitually. When used for this purpose a small quantity only should be taken, and the dose repeated, if necessary. If used habitually, it will surely derange the digestion and aggravate, rather than cure, acidity. Acidity of the stomach and heartburn should be treated *rationally*, and not *chemically*.

Soda Powders, an effervescent drink, sometimes used for acidity and indigestion, is made by dissolving thirty grains of soda in one tumbler, and twenty grains of tartaric acid in another, and pouring together.

Bicarbonate of soda is sometimes taken to correct uric acid formations in the bladder. Applied to the parts, it will relieve the pain of a burn or scald, and it should always be used as a wash to burnt surfaces.

Painful *rheumatic affections of the joints* are often greatly relieved by applying strong soda water on cloths to the parts.

SODA MINT.

SODA MINT TABLETS.

Soda mint is found in the stores in two forms—liquid and tablets—and is used as an antacid and carminative.

The liquid contains bicarbonate of soda, aromatic spirits of ammonia, and spearmint water, and the tablets are composed of practically the same articles.

The liquid preparation is sometimes given to babies for *sour stomach* and *wind colic*; it is scarcely suited, however, to such purposes, and its continuous use is to be strongly condemned. The tone of the stomach of both child or adult can be destroyed by the use of such articles, and the habit some people acquire of consuming the tablets is to be discouraged.

Dose of the liquid for a child one-half to one teaspoonful. A peppermint lozenge, as sold by the confectioners, dissolved in warm water is a desirable baby carminative.

PHOSPHATE OF SODA.

Phosphate of Soda occurs in crystals, powder, and in granular form.

It is of peculiar value in an important field of diseased conditions. It embodies the virtues of phosphorus in an assimilative and natural form. It is laxative, and increases the activity of all the emunctory organs of the body.

Pale and poorly nourished children are greatly benefited by this article. There are many children, notwithstanding the fact that good food is given them, who fail to receive nourishment therefrom. They are pale and languid; their stools are scanty, pasty, and light in color; their teeth decay early; they are prone to rickets and other chronic maladies.

To such, Phosphate of Soda is of great service. Ten grains given in milk several times a day will often produce a marked and permanent improvement.

As it has a special influence on the liver, it is of great service in "*torpid liver*," *jaundice*, *biliousness*, *bilious sick headache*, and *constipation*.

Those who are subject to *boils* will find it a good preventive, and the *debility* following prolonged sickness or child-nursing is often relieved by it.

Phosphites and *Hypophosphites* are largely employed as medicinal agents, and are used where a laxative effect is not desired. *Vichy water* contains a small amount of Phosphate of Soda, to which it no doubt owes its value in hepatic troubles. The dose of Phosphate of Soda is from one drachm to one ounce dissolved in broth, soup, or hot water. It can be given to children in broth, soup, or milk.

SPANISH FLIES.

Spanish Flies, also called *Cantharides*, are of the beetle tribe and abound in Spain, Italy, and the South of France, but the best flies come from Russia.

They are found in the stores in five forms—whole, powdered, in tincture form, made into blistering ointment, and in plasters.

Tincture of Cantharides is often prescribed internally as a stimulant to the kidneys, the generative organs, and for its local effect upon the mucous membranes of those parts. Tincture of *Cantharides* is frequently an ingredient of hair tonics.

In overdoses it acts as a *poison*, producing irritation and inflammation of the alimentary tract, with a special determination to the organs of the lower part of the abdomen. Its use is best left to the profession.

Blistering Ointment, or *Cantharides Cerate*, is used almost universally when blistering is necessary. Formerly, when a blister was ordered, the druggist spread the ointment on a piece of adhesive plaster of the proper size and shape, leaving enough free margin of the adhesive cloth to hold the blister on when applied.

Cantharides Plaster, already spread, is a most convenient and

desirable mode of dispensing and using blisters. It can be cut in any shape, is less apt to adhere to the skin when removed, and in every way is to be preferred to the ointment. The *camphorated* plaster should always be selected, as it is not apt to produce strangury or other ill-effects upon the system.

Cantharidal Collodion, a liquid preparation, is sometimes more convenient than the plaster, especially upon uneven surfaces.

See article on BLISTERS.

SPEARMINT—*Mentha Viridis*.

Spearmint is a native of Europe, but is extensively cultivated in the United States for domestic use and for the oil it contains.

It can be used for the same purposes and in the same way as peppermint, as their qualities are identical. Spearmint is somewhat more rank to the taste than peppermint, but many consider it more agreeable. When intended for medicinal use, it should be cut in very dry weather and just as the flowers appear; if for obtaining the oil, after they have expanded.

SPIKENARD—*Aralia Racemosa*.

The root of this herb is sometimes used in medicine. It is somewhat spicy, aromatic, and alterative. It is usually an ingredient of domestic "blood purifiers" and remedies for *pulmonary affections, asthma*, etc., but it is of doubtful value.

SPIRITS OF MINDERERUS—Solution of Acetate of Ammonium.

This preparation has been much used as a diuretic and diaphoretic in *fevers*. When freshly made, as it always should be when purchased, it is a colorless liquid with a saline taste.

Dose, one or two tablespoonfuls in sweetened water, every three or four hours.

If the patient is kept warm in bed, it acts on the skin, but if he be kept cool and walking about, it acts on the kidneys. It is especially useful in *typhoid* and other low forms of fever.

Sweet Spirits of Nitre is, as a rule, to be preferred to Spirits of Mindererus, unless the latter be freshly prepared.

SQUILL—*Scilla*.

Squill is the bulb of a plant which grows on the borders of the Mediterranean Sea. It is expectorant, diuretic, and in large doses emetic and purgative.

It is seldom used in substance; occasionally the powder is combined in pills with other allied drugs and given as a diuretic in *dropsy*.

It is used almost exclusively in the form of *Syrup of Squill*. *Dose*, a teaspoonful.

The graded *dose* for children is as follows: For a child six months old, five drops; one year old, ten drops; two years old, fifteen drops; four years old, twenty drops; ten years old, thirty drops.

Compound Syrup of Squill, often called *Coxe's Hive Syrup*, contains squill, senega, and tartar emetic, and has been largely used for the *coughs, colds, and croups* of childhood. The *dose* for children in croup is ten drops to a teaspoonful every fifteen minutes until vomiting is produced. As an expectorant, the dose is the same as that of syrup of squills, the adult dose being one-half to one teaspoonful every two to four hours.

It must be remembered that *Coxe's Hive Syrup* is capable of producing *great prostration*, and its use should be kept within *proper limits*.

As a rule, *Syrup of Ipecac* is to be preferred to preparations of Squills.

SUGAR OF MILK—*Saccharum Lactis*.

Sugar of Milk is derived from milk, of which it is a natural constituent. It comes in a white powder, soluble in seven parts of water but insoluble in alcohol. It is only mildly sweetish to the *taste*, and gives a sensation of grittiness to the touch and to the taste when taken in the dry form. On account of the hardness of its particles it is used by the pharmacist as a triturating powder more than anything else. Homeopathic pellets and triturations, and most of the tablet triturates of the drug stores, are composed of Sugar of Milk medicated in various ways. It is used universally by druggists to increase the bulk of small powders.

There are different qualities of sugar of milk. For food purposes that in pound packages of standard makes should always be selected. Its use as a food for infants has greatly increased in recent years and it gives general satisfaction.

Sugar of Milk is a food, and it has been proposed for many conditions of mal-nutrition.

A solution of Sugar of Milk may be made by dissolving one ounce in one-half pint of water. If kept long it is likely to sour. As a food, condensed milk is much more applicable.

There is a number of "Foods" on the market which are largely composed of Sugar of Milk, the chief ones being Reed & Carnrick's Soluble Food, Lactated Food, Nestle's Food, Anglo-Swiss, and several others. These are to be selected for very young children rather than the Farinaceous Foods. These foods answer an excellent purpose, and I have found them to give universal satisfaction when their use has been judiciously combined with other forms of diet.

SULPHUR.

Sulphur is sold in the stores as follows:—

1. In rolls, under the name of *Brimstone*.
2. *Powdered Sulphur*, called Flowers of Sulphur, or Sublimed Sulphur.
3. *Precipitated Sulphur*, called Lac, or Milk of Sulphur, and Washed Sulphur

Roll Brimstone is used to disinfect rooms which have been occupied by patients having contagious diseases. At least two pounds of it should be used for a large room. A tub, partly filled with water, should be placed in the middle of the room. Upon a brick in the centre of this tub should be placed a dish or old iron pan containing the sulphur. The windows should be tightly closed and the sulphur ignited and the doors kept shut for at least two hours.

Washed sulphur is the best preparation for medicinal purposes.

The *dose* is from a teaspoon- to a tablespoonful in molasses.

It is an excellent *laxative* in *piles*; indeed, nothing produces a more natural and easy movement of the bowels.

Persons frequently troubled with *colic* will find it a desirable laxative.

It is used internally and externally for various *skin diseases*, and "*sulphur ointment will cure the itch.*"

Blown into the throat through a paper tube rolled up like a lamp lighter, or through a goose quill, it is an excellent remedy for *sore throat* of a *diphtheritic* nature, and may be so used three or four times a day.

Various mineral waters contain sulphur, and they enjoy a reputation, no doubt deservedly, as curative of chronic diseases.

Sulphur opens the pores of the skin, consequently those taking it should be careful about exposure to cold.

SUPPOSITORIES.

Suppositories are conical-shaped, solid bodies, generally made of cocoa-butter, in which medicine has been incorporated, and intended for introduction into the bowel per rectum. Urethral and vaginal suppositories are also made.

Instead of cocoa-butter, hollow gelatine *capsules* are sometimes used to convey the medicine, and they answer the purpose admirably.

They are medicated with tannic acid or other astringents for *hemorrhages*, and with anodynes for various painful affections.

When the stomach is very irritable, medicines are given in this way for their systemic effect.

GLYCERINE SUPPOSITORIES are an excellent remedy for *constipation* of the lower bowel.

They are sold in two sizes by druggists; the larger intended for adults, and the smaller for children. One inserted into the rectum will cause an evacuation in a few minutes as a rule. A *piece of castile soap*, cut the size of a lead pencil, about one and one-half inches long, oiled and inserted into the bowel of an infant will cause an evacuation in a few minutes. A *piece of molasses candy* of the proper shape is well suited to the same use.

SWEET SPIRITS OF NITRE—Spirit of Nitrous Ether.

This preparation, sometimes called "*Nitre*," is a clear, alcoholic liquid. It has a fragrant odor, and a sharp, non-pungent taste.

It is refrigerant, diaphoretic, and somewhat calming.

It is deservedly a very popular household remedy, and is especially adapted to the treatment of diseases of children.

No medicine is more used in *fevers*; indeed, as a safe general refrigerant, adapted to both old and young, there is nothing so applicable as Sweet Spirits of Nitre.

It reduces the temperature, increases the action of the skin and kidneys, is quieting to the stomach, and often promotes sleep. The *dose* for an adult is from ten drops to a teaspoonful, for a child from three to twenty drops in water. Small doses repeated

every half hour will *reduce a fever* much more quickly, as a rule, than larger doses given less frequently.

When fever is due to inflammatory action, aconite is to be preferred to Sweet Spirits of Nitre.

When given to act directly on the *kidneys*, it should be given in large doses.

COMPOUND SYRUP OF WHITE PINE.

Compound Syrup of White Pine contains: White Pine Bark, Wild Cherry Bark, Spiknard Root, Balm of Gilead Buds, Sanguinaria Root, Sassafras Bark, Morphia Sulphate, Chloroform, Sugar, Alcohol, Water and Syrup.

DOSE.—One or two teaspoonfuls every three or four hours as needed. This preparation has been used in domestic practice for a long time, and was placed on the market some years ago, and its use has surpassed that of any mixture ever offered to the public by the drug trade. Every pharmaceutical firm makes it, and the syrup as found in the stores varies in appearance somewhat. It is chiefly sold in bottles of convenient size, and druggists generally dispense it in three forms: (1) the regular formula, (2) with *pine tar*, (3) with *muriate of ammonia*. Sometimes extra ingredients are added to render it more expectorant. That with *tar* is well suited for chronic coughs and for children. As *muriate of ammonia* liquifies the mucus in the throat and lungs it is most suited where a cough is tight.

As a general household cough syrup perhaps it is the most universally adapted of any of the syrups of the drug store. As a remedy for *coughs*, *bronchitis* and *irritated conditions* of the air passages it has been the leader for years. It is not so loosening as syrup of ipecac or squills, and, in consequence, is not so effective in relieving whooping cough and croup and where a decided relaxant expectorant or nauseant is required.

TAR—Pix Liquida.

Pure pine tar has always enjoyed a reputation in *pulmonary affections*, and deservedly so. The great drawback to its use has been a failure to transform it into a palatable form.

Such matters are legitimate drug-store manipulations, and cannot be relegated to the kitchen.

TAR WATER can easily be made by putting a quantity of tar in an earthen vessel and adding water thereto. The water will take up a certain portion of the tar, and it may be drank ad libitum.

Tar is an excellent remedy for *chronic coughs, catarrhs, and pulmonary affections.*

SYRUP OF TAR is an elegant preparation, and the WINE OF TAR, procurable at any drug store, is equally so. The *dose* of either is from one to two teaspoonfuls.

TAR OINTMENT is the best remedy for *scald head*, and is largely used for *eczematous eruptions.* It will generally cure *ringworm.*

Inhalations of tar vapor, and its application with the atomizer, fill an important place in the treatment of *catarrhal* and *throat troubles.*

A cup of tar in hot water will give off tar vapor, and in this way impart its virtues to the atmosphere of a sick-room.

Tar is a disinfectant, and may be used in privies and sinks.

TARTAR EMETIC—Antimonii et Potassii Tartras.

Tartar Emetic, sometimes called *Tartrate of Antimony*, appears in the form of a white powder, and was formerly much used in medicine, but is now seldom employed.

It is a deadly poison in large doses.

In *medicinal doses* of one-twentieth to one-tenth of a grain it acts as an expectorant and depressant; in larger *doses*, one-half to one grain, it acts as a depressing emetic, too depressing for general use. When emetics were fashionable, tartar emetic was given in the early stages of most acute diseases. We should be thankful that these days have passed by.

WINE OF ANTIMONY contains two grains of tartar emetic to the ounce; *dose, five to thirty drops.*

It is sometimes given to children, but syrup of ipecac is to be preferred. It does not keep well, and should not be used when old.

COXE'S HIVE SYRUP, or *Compound Syrup of Squills*, contains three-fourths of a grain of tartar emetic to the ounce. It is sometimes given to children in *croup* and other catarrhal affections. *Dose, five to twenty drops, or, as an emetic, twenty drops to a teaspoonful.*

This syrup should not be given to young children unless prescribed by a physician, as it is too depressing in its effects.

Croup at one time was called *Hives*, hence the name for this mixture, which was much used in that affection. The "Hives" of the present day is a very different disease.

TEREBENE.

Terebene is a Turpentine compound, resembling its source in appearance and effect. It is much used to allay *chronic cough*, in *chronic bronchitis* and *catarrh*, and as an *expectorant*, either alone, or in combination with other remedies.

Like turpentine, it relieves *flatulence*, and will relieve *flatulent dyspepsia*. The dose is from five to ten drops, preferably in emulsion, but it may be dropped on sugar or given in capsules.

It is an excellent addition to *inhaling compounds*, having in a measure taken the place of tar, creasote, and carbolic acid.

TERPINE HYDRATE occurs in nearly colorless crystals; is used in cough remedies to promote expectoration in *chronic bronchitis*, *asthma* and *hay fever*. It is usually prescribed in combination in pill form or as an elixir.

THYMOL.

Thymol occurs in whitish, clear crystals or lumps, of aromatic odor and pungent taste.

It has been used quite extensively in solution as an antiseptic dressing, being quite as efficient as carbolic acid and much more pleasant to the sense of smell. Its odor has the objection of attracting flies, as they seem especially fond of it.

Applied locally in the form of ointment (five to twenty grains to the ounce of prepared lard), it will be found useful in *chronic skin affections*, and two to five grains rubbed with an ounce of vaseline will be found an excellent remedy for *catarrhal affections* when applied to the nostrils.

WILD TURNIP—Arum—

Also known as Indian Turnip, Bog Onion, etc., is a well known plant, the root—the part used—being, when fresh, exceedingly hot and acid.

The author has often sold this article, but why people use it is not very apparent. When fresh, it is too strong for ordinary purposes, but as found in the stores, its strength has evaporated and it is practically useless. It is used for a variety of affections, and in some countries its acrid principle is driven off by heating it, and it is used as a food. It is sometimes used in cough syrups.

SPIRITS OF TURPENTINE—Oleum Terebinthina.

Spirits of turpentine, or *Oil of Turpentine*, is the active principle of Turpentine, obtained by distillation.

It is a clear, colorless, inflammable liquid.

Its medicinal effects are the same as those of turpentine, and it is generally used instead of the crude drug.

Four or five drops of turpentine taken on a lump of sugar will remove *flatulence* in a few minutes, and ten drops on sugar will often relieve the pains of *colic*.

In *doses* of from one-half ounce to two ounces, it is one of the most effectual remedies for *tapeworm*, but pumpkin seeds are as reliable and much more safe.

It is often of great service in *sciatica*. Physicians sometimes use it in low *fevers* of a *typhoid type*. The *dose* is from five to thirty drops in emulsion.

Applied to *burns*, it will generally allay the pain and quicken the healing process. It is supposed to "draw out" the fire. For this purpose a few drops may be mixed with lard and applied.

It is one of the many remedies for the *itch*. The bed and night-clothes being sprinkled with one ounce and a half of Spirits of Turpentine at night—"the patient finds himself cured on awaking in the morning." Turpentine taken internally is used for *spitting of blood*—fifteen drops in milk every three hours.

It increases the flow of urine, and is used to relieve painful *kidney disorders*, and what is sometimes called *lumbago*.

It is more used as a *liniment* than internally; generally in combination with other agents.

It was formerly much used in vapor form in *nasal* and *throat troubles*, but Terebene and other drugs have superseded its use.

Turpentine Stupes are flannel cloths wrung out in hot water, and then sprinkled with the Oil, applied to the surface, and covered with oil-silk.

These stupes are found useful in *bronchitis*, *sciatica*, and other painful diseases. They should be removed in from fifteen to thirty minutes. Their odor is objectionable to some people.

Turpentine is an effectual *bed-bug exterminator*. Some say that it will remove a *felon* or a *boil* if applied in the first stages of the affection.

Corns and *chilblains* are both relieved by applications of turpentine.

Small doses on sugar are given as a household remedy in *croup*, *diphtheria*, *whooping cough*, and *asthma*, with more or less success.

BALSAM TOLU.

Balsam of Tolu when fresh is liquid, but as found in the stores is a hard, solid resin.

The only preparations sold are the *Tincture* and the *Syrup*. The syrup is the one most used, however, and the best thing to be said of it is, that it has a very pleasant taste. Practically it has very little medicinal value, and its use should be limited to imparting flavor to other more active and less palatable remedies.

TONICS.

Tonics are medicines which gradually and permanently increase the physical and nervous vigor. When taken for a length of time, they increase the appetite and power of digestion, while they strengthen and invigorate both the nervous and muscular system.

Tonics differ from stimulants in being less rapid and more permanent in their effects. To secure the best results from the use of tonics, they must be administered with discretion, and at all times within the range of certain limited indications. They should not be given in health, as they are apt to act as irritants, and in such cases often derange the stomach.

As they increase the appetite, they are much used to stimulate the relish for food. As a loss of appetite is frequently a wise provision of nature, demanding that we forego food for a season, the use of tonics and appetizers is often hurtful. Patent medicines do an immense amount of harm in this way. When tonics are being taken, the appetite is generally artificial, and should not be satisfied completely.

Tonics often fail to benefit because they are not understood. Iron, for instance, is one of our best tonics, yet it is very constipating, and as constipation is often one of the worst symptoms, and frequently the cause of debility, the use of iron is apt to aggravate, rather than cure, many of those conditions where it seems to be indicated.

Tonics, more than any other class of medicines, are taken independently of professional advice, yet no class of drugs requires greater discernment in their administration.

ENGLISH VALERIAN.

English Valerian Root grows in Great Britain, and should not be confounded with *American Valerian*, which is Ladies' Slipper, and of very feeble virtues as a remedy.

Valerian is much prescribed by physicians, and in domestic practice is used to advantage in *nervousness*, *neuralgia*, *nervous headache*, and *hysteria*.

In that peculiar and distressing nervous condition, with which women of all classes are occasionally afflicted, commonly called hysteria, there is no medicine more appropriate than Valerian. *Dose*, of the *infusion* (half ounce of the root to one pint of cold water), one or two ounces; *Tincture Valerian*, *dose*, one teaspoonful; *Ammoniated Tincture of Valerian* (an excellent preparation), *dose*, one or two teaspoonfuls.

THE ELIXIR VALERIANATE OF AMMONIA is by far the most palatable and desirable preparation of Valerian. *Dose*, one or two teaspoonfuls.

Preparations of Valerian are often used to quiet the *nervousness* following indulgence in liquors, for which the ammoniated tincture is preferred.

Valerianate of Zinc in pill form, in doses of one grain, is much used for *epilepsy*.

VINEGAR—Acetum.

This well-known article is very similar to the *Dilute Acetic Acid* of the drug store, the latter consisting of Pure Acetic Acid, one part added to seven parts of water. Acetic acid is made from wood. Much of the vinegar sold is acetic acid flavored with apples. None but pure *apple vinegar* should be used as food, and it should be partaken of sparingly. When used too freely as a food, it deranges the digestion. It is said that one part of vinegar to the thousand of food will render the latter less digestible.

Vinegar, and articles requiring its use as a condiment, are sometimes consumed as "anti-fat" diet. The reduction in flesh is due to an impaired nutrition, and vinegar should never be used to reduce the flesh. When used too freely as a medicine or food, it is liable to produce a scorbutic condition of the system.

Vinegar is a valuable article in the sick-room. When lemons cannot be procured, it may be used to acidulate drinks in fevers and to quench thirst. A teaspoonful each of vinegar and molasses in a cup of cold water is a pleasant summer drink or "beverage" when water disagrees with the stomach. Tablespoonful doses of vinegar are sometimes given to relieve alcoholic intoxication.

It is much employed in the household as an external application. Diluted with water, it forms an agreeable and refreshing lotion to the face and head in fevers and headache; sponging the body with it at night will often prevent *night-sweats*.

Snuffed up the nostrils it will stop *nose-bleed*. Injected into the bowel it destroys *seat-worms*, but is inferior to infusion of quassia for this purpose. *Sunburn* and *freckles* are rendered less distinct and sometimes removed altogether by the persistent application of vinegar.

Itching skin diseases, *milk crust*, and *ring-worm* are often relieved by its external use, diluted with three times as much water.

Half-teaspoonful doses of vinegar are a household remedy for *croup*, and vinegar fumes will often greatly relieve the membranous form of croup. Hot bricks should be placed in a pan containing vinegar; in this way the room becomes filled with an acetic vapor which is said to be highly beneficial to the last-named disease.

UNICORN ROOTS—*Aletris Farinosa*.

This plant, also known as *Star Grass*, *Bitter Grass*, *Devil's Root*, *Colic Root*, etc., grows in dry, barren soils, in most parts of the United States.

It is intensely bitter, and large doses produce nausea and vomiting. It is often combined with other remedies as a tonic, especially in *rheumatism* and dropsy of a chronic nature.

UVA URSI.

Uva Ursi is also known as *Wild Cranberry* and *Bearberry*.

It grows in Europe, Asia, and America; the leaves are used in medicine.

Uva Ursi is an astringent tonic with a mild tendency to the kidneys. It is useful in *chronic diarrhœa* and *dysentery*, and in *chronic affections of the urinary organs*.

The *Fluid Extract* is the best preparation. *Dose*, one-third to one teaspoonful.

WAHOO—*Euonymus*.

Wahoo is found in many portions of the United States, and the bark of the root is the part used.

It is mildly laxative, and in the *constipation of dyspepsia*, *pulmonary affections*, and *torpid liver*, it often operates to advantage.

The *Fluid Extract*, *Tincture*, or *Infusion* may be used. The first named, however, is to be preferred, and may be given in *doses* of one-half to one teaspoonful.

It has been used with asserted benefit in *dropsy*.

HOT WATER.

Hot, or Warm, Water, has been much used in the treatment of disease. The "Hot Water Cure" was the basis, some years ago, of quite a craze in popular practice.

When taken into the stomach, hot water acts as a stimulant to that organ, and also to the other organs and nerves in the vicinity. It finds its way into the tissues of the body much more quickly than is the case when cold water is drank.

The most prominent "Water Cure"—known as the "Salisbury Treatment"—consists of drinking about a pint of hot water one hour before each meal. The temperature of the water should be from 110° to 120° Fahr. It is said to act better if it be slowly sipped, and the treatment should be kept up for several months. It is claimed that under this treatment some of the most intractable forms of stomach, liver, kidney, and bowel troubles disappear.

Dyspepsia, liver complaint, biliousness, nervousness, sleeplessness, headache, and constipation are the most important affections for which it has been recommended.

The author has known this treatment to be employed in a number of cases, and those who have tried it have been unanimous in its praise.

It certainly possesses one feature worthy of mention: it is perfectly harmless. It costs nothing, can do no injury, will not interfere with any other treatment, and is to be heartily recommended. To that class of persons who think they require the constant use of medicines, to calm the nerves, to quiet the brain, to ease the stomach, and to relax the bowels, it is an exceedingly commendable measure.

MINERAL WATERS.

During the past few years the consumption of Mineral Waters has reached mammoth proportions, and the market is burdened with an almost endless variety of kinds. Some of them are but little more than ordinary water, while others are surcharged with various substances, and have the power of acting in specific ways upon the physical economy.

Those containing laxative ingredients are the most used, and furnish a very desirable method for regulating the secretions.

It must be admitted that the virtue which these waters impart is often largely due to the *water* itself and not to the ingredients contained therein. When invalids and others visit mineral

springs, the change of surroundings and the mental relaxation from cares often deserve much of the credit which the water of the locality receives; that the water is an important element in the treatment cannot, however, be gainsaid.

Apollinaris, Underwood Spring, Saratoga, Seltzer, and many others, are valuable on account of the carbonic acid gas which they contain. They also contain small quantities of saline material, but become insipid if left uncorked.

Plain Soda Water, as furnished from the fountain in drug stores, when properly made, is an admirable and wholesome drink. I have found it to be an excellent remedy for headache, indigestion, and thirst incident to hot weather.

Laxative Mineral Waters are more used than any other kind, at least such has been my experience. *Hunyadi Janos* is, perhaps, the strongest in laxative qualities. *Pullna, Friedrichshall*, and *Carlsbad*, with many others, are more or less laxative and answer an excellent purpose.

Alkaline Mineral Waters are often prescribed by physicians, and it is always best to confine this particular class of waters to special cases. The chief ones are *Vichy, Buffalo Lithia, Bethesda*, and *Gettysburg*.

Sulphurous Mineral Waters have been highly prized as alterative remedies in chronic affections, but their unpleasant odor and taste confine their use to well-defined indications.

In every well stocked drug store may be found a supply of mineral waters. There are many almost worthless. Because water forces itself up from the bowels of the earth is no reason that it possesses peculiar medicinal virtues, but there are few of such that have not been so lauded.

Again, much of the mineral water sold is artificial; yet, aside from the deception, it is often as desirable as the genuine. The proper way of employing these waters is to carefully and intelligently decide which one is best suited, and use it faithfully and freely. Temporary use of such articles for a day or two, except it be the laxatives, amounts to but little.

WATERMELON SEED.

Watermelon Seed Tea was formerly a highly prized drink in cases of *strangury*, and as a diuretic in *dropsical affections*.

It decidedly increases the flow of urine, is harmless, and in catarrhal and irritated conditions of the kidneys, bladder, and

urinary tract, might often advantageously supplant the employment of more objectionable remedies.

The *Tea*, or *Infusion*, is made by adding a pint of hot water to one or two ounces of the seeds previously bruised, and left covered for one or two hours. *Dose*, a half teacupful or more, taken cold, three or four times a day.

Watermelon juice is decidedly diuretic, and its use is to be recommended to those who need a harmless *kidney tonic*, as is the condition in many cases of *dropsy*.

WORMSEED.

OIL OF WORMSEED.

Wormseed, obtained from the *Chenopodium*, or Jerusalem Oak, consist of brownish seeds the size of pins' heads and of a nauseous, pungent taste.

Oil of Wormseed, or *Oil of Chenopodium*, is a very effectual *worm destroyer*. It is the active ingredient in a number of patent vermifuges.

The chief objection to its use is its intensely disagreeable taste and smell; it may well be said of it, "The remedy is worse than the disease." It should not be used until less objectionable remedies have failed. *Dose*, for a child five years old, ten drops on sugar or in the form of an emulsion.

WORMWOOD—Absinthium.

The strong, pungent odor and intensely bitter taste of this herb is known to all. The tops and leaves are used in medicine. It is tonic to the stomach and is useful in *dyspepsia*. Before quinine came into use, it was frequently prescribed for *chills and fever*.

On account of its intensely disagreeable taste, it is but little used internally.

The *decoction* is a popular local remedy for *sprains and bruises*.

Oil of Wormwood, with many physicians, is a favorite ingredient in *liniments*. It is very high in price, and much of that sold is adulterated.

WILD CHERRY BARK—*Prunus Virginiana*.

Wild cherry bark enjoys a universal reputation as a remedy for pulmonary affections, but it does not deserve the praise it has received.

It contains a small amount of prussic acid, which is somewhat palliative to a *cough*; it contains tannic acid, which may lessen the *night-sweats of consumption*, and it contains a bitter tonic, which improves the appetite and digestion.

The *cold infusion* may be used ad libitum by consumptives, and it is well calculated to prove highly beneficial.

It is well adapted as a tonic, during *convalescence* from acute diseases, rating with chamomile and quassia.

The SYRUP OF WILD CHERRY is an excellent vehicle with which to combine other medicines of more decided power.

Small doses of the syrup are well adapted to the irritation of *chronic cough*. If it is desired to have it more expectorant, add a little syrup of ipecac or squills; if more anodyne, add a little paregoric. Elderly people who are troubled with cough may secure much comfort by carefully utilizing these mild remedies.

The *fluid extract* can be used for infusions, but it has no advantage over the freshly dried bark. No heat should be employed in preparing medicines from wild cherry, as it destroys its medicinal virtues.

WINTERGREEN—*Gaultheria*.**OIL OF WINTERGREEN—*Oleum Gaultheri*.**

Wintergreen, also known as *Partridge Berry*, *Deer Berry*, *Trailing Gaultheria*, *Mountain Tea*, etc., is a small evergreen plant growing throughout the Eastern and Southern states. Wintergreen is slightly stimulant, aromatic, and astringent. It is seldom used alone.

ESSENCE OF WINTERGREEN fills an important place in a drug store as a flavoring for distasteful medicines.

OIL OF WINTERGREEN is the heaviest of all essential oils, being much heavier than water. It is either colorless or of a brownish color, and has a pleasant odor and taste; it is largely used to flavor medicines, candy, etc.

It contains salicylic acid, and during the past few years it has been used with much success in the treatment of *rheumatism*, especially of the chronic variety.

It should be given in the form of emulsion.

Dose, ten to twenty drops three times daily.

WITCH HAZEL—Hamamelis.

Witch Hazel, in name at least, has become familiar to most every one, through the advertisements of "Pond's Extract." Popular practice has recognized many remarkable virtues in this drug. It is scarcely ever sold except in the form of the "*Distilled Extract*," which is a clear liquid, containing a small amount of alcohol. When applied locally, it is somewhat stimulating and astringent, and is quite pleasant to use—in fact, it answers an excellent purpose.

It is used with benefit in *piles*, especially of the bleeding variety; and also in *sprains* and *bruises*, *foul ulcers*, and as a wash in *uterine difficulties*. It is a grateful lotion for *sunburnt and irritated surfaces*. Cloths saturated with it form an excellent application for *old sores and ulcers*, especially for *sore legs*. One part of the Extract and two parts of Glycerine form an effectual *gargle* for sore throat.

For years I have been in the habit of suggesting to customers, when they called for glycerine for *chapped hands and face*, that they accept Glycerine and Witch Hazel mixed in equal parts, as I have found it a very agreeable application for such purposes.

When Witch Hazel is bought in bottles from druggists, it is usually labeled with elaborate directions, and will be found a very useful remedy to have in the house.

YELLOW DOCK—Rumex.

Yellow Dock grows wild in the United States, and the root is supposed to possess medicinal qualities, yet it cannot be claimed for it that they are very pronounced.

It is somewhat astringent, faintly tonic, and is supposed to act on the blood.

It is scarcely recognized in general practice, yet it is an ingredient of several pseudo-official compounds, put forth as *blood-purifiers*.

The *fluid extract* can be procured, the *dose* of which is about one teaspoonful.

YERBA SANTA.

Yerba Santa, or *Consumptive's Weed*, an evergreen plant growing on the Pacific border, has been more or less prescribed during the past few years as a remedy for *coughs, colds, bronchitis* and *con-*

sumption. Its use, however, has largely subsided, as it has not been found to possess any advantage over other and more familiar drugs.

Yerba Santa will almost entirely disguise the taste of quinine when given with it, suspended in syrup, and in this respect has filled a useful mission.

Dose of the *Fluid Extract*, ten to thirty drops.

ZINC—Zincum.

Zinc in its various forms was formerly much used in medicine, but it is gradually disappearing as an internal remedy. It is much employed as an external application.

SULPHATE OF ZINC. This substance, known also as "*white vitriol*," looks very much like Epsom salts; so much so indeed that Sulphate of Zinc should always be carefully labeled and marked "*poison*."

In doses of ten to twenty grains it is the most prompt and the safest *emetic* that can be given in cases of *narcotic poisoning*.

The ordinary *dose* as a tonic and astringent in chronic diarrhœa, etc., is one or two grains.

One to three grains in an ounce of rose water forms one of the very best applications for *sore eyes*; somewhat stronger, it is used for *ulceration of the ear*, and of variable strength as a stimulating wash for *slow ulcers*, *abscesses* and unhealthy surfaces.

A solution may be used for *offensive perspiration* of the feet and armpits.

VALERIANATE OF ZINC is used in *epilepsy* and other nervous diseases. *Dose* one to three grains in pill form.

CHLORIDE OF ZINC is generally sold in one ounce vials. It liquefies when exposed to the atmosphere. Its use is confined almost wholly to veterinary practice.

PURE OXIDE OF ZINC. This is the most important preparation of this metal. Oxide of Zinc and the Precipitated Carbonate of Zinc are both much used as cosmetics. The various beautifiers, such as "*Bloom of Youth*," "*Complexion Cream*," etc., are, as a rule, made from Oxide of Zinc. These preparations are not supposed to be harmful to the skin, if used judiciously.

OXIDE OF ZINC OINTMENT is a staple article in all drug stores, and is one of the best possible applications for sores of various kinds, and for the cure of many skin diseases. It is soothing and astringent.

PART IV.

MEDICINES AND REMEDIAL COMPOUNDS,

RECEIPTS AND FORMULAS,

CLASSIFIED AND SYSTEMATICALLY ARRANGED.

PRACTICAL SUGGESTIONS FOR TREATING THE SICK.

DISINFECTANTS—ANTISEPTICS—DEODORIZERS—POISONS AND THEIR
ANTIDOTES—THE DESTRUCTION OF INSECTS—RECEIPTS FOR
TOILET REQUISITES AND HOUSEHOLD ARTICLES.



PART IV.

CLASSIFIED REMEDIES, FORMULAS, SUGGESTIONS, ETC.

The following Classification of Remedies brings within a small compass most of the important articles used in popular medicine. The doses stated are for adults. A more extended account of each article will be found in Part III, the object here being to bring to mind at a glance, those remedies which are used for the same purposes, and in a brief way tell when each should be selected. Those composed of drugs can be compounded at most any drug store.

CATHARTICS AND LAXATIVES.

CASCARIA SAGRADA. *Fluid Extract, Aromatic Fluid Extract, Elixir, Cordial, Extract* in pill form or compounded with other medicines, while not suited for large doses, in small doses as a laxative in chronic constipation and inactive bowels it is considered by many as the best remedy known.

EPJOM SALTS. Dose, one to three teaspoonfuls in water. Suited to most cases requiring a purgative.

SENNA AND SALTS. In the form of tea this is a very efficient cathartic. Suited to most cases where a safe and speedy cathartic is required.

SOLUTION CITRATE OF MAGNESIA. Dose, one-half to one bottle. Perhaps the most pleasant cathartic we have, and suited to most cases where it is desired to empty the bowels.

GRANULAR EFFERVESCENT CITRATE OF MAGNESIA. Dose, one heaping tablespoonful in water. Very similar to the above.

SEIDLITZ POWDERS. Dose, one as laxative; two as free cathartic. Sick headache, overloaded stomach, fevers, constipation and biliousness.

ROCHELLE SALTS. Dose, one or two heaping teaspoonfuls in water. Acute dyspepsia, biliousness, constipation and fevers.

CALCINED MAGNESIA (heavy). Dose, one-half to one teaspoonful

- in water. Sour stomach, heartburn, sore mouth, and foul breath.
- CASTOR OIL. Dose, one to six teaspoonfuls shaken in warm milk. Diarrhœa, dysentery, colds, acute catarrh, irritated bowels.
- COMPOUND LICORICE POWDER. Dose, one to two teaspoonfuls in warm water. Constipation, biliousness, headache, dyspepsia.
- COMPOUND CATHARTIC PILLS, U. S. P. Dose, one to three at night. Constipation, torpid liver, biliousness, headache. Should not be frequently repeated.
- SENNA TEA. Made from one-fourth to one ounce. A good cathartic. Overloaded stomach, headache, constipation.
- VEGETABLE CATHARTIC PILLS. One to three. Headache, constipation, biliousness, torpid liver.
- COMPOUND CATHARTIC ELIXIR; sold in bulk. Dose, one to three teaspoonfuls. Constipation, torpid liver, headache, and dyspepsia. This is a very excellent preparation; far superior to patent liquid cathartics.
- PHOSPHATE OF SODA. Dose, one to six teaspoonfuls in warm water or soup. Torpid liver, biliousness, and as a laxative for sickly, rickety children.
- CREAM OF TARTAR. Dose, one to three teaspoonfuls in warm water or lemonade. Headache, fevers, dropsy, and blood derangements.
- SULPHUR. Dose, one to three teaspoonfuls in molasses. A mild laxative in skin diseases and specially useful in piles.
- SULPHUR AND CREAM OF TARTAR. Two-thirds Sulphur, one-third Cream of Tartar. Dose, one-third to one teaspoonful in syrup or molasses, one to three times a day. Rheumatism, constipation, piles, skin diseases, and impurities of the blood.
- RHUBARB. In the form of root or powder. Well adapted to relieving constipation of old people; dose as required.
- SPICED SYRUP AND PLAIN SYRUP OF RHUBARB. Dose, one-half to two teaspoonfuls for child. Especially useful in bowel affections of children.
- HUNJADI WATER. Dose, one tablespoonful to one-half teacupful. Constipation, dyspepsia, biliousness, and torpid liver.
- CASCARA CORDIAL OR ELIXIR OF CASCARA. Dose, one teaspoonful as laxative. Chronic constipation.
- COMMON SALT. Dose, one teaspoonful in glass of warm water on rising in the morning. Chronic constipation and dyspepsia.
- PODOPHYLLIN PILLS. Dose, one-fourth to one grain. Torpid liver, biliousness and chronic constipation.
- RECTAL INJECTIONS. Dose, one pint to two quarts water. Soap

or salt may be added. To be preferred always to cathartics when to empty the bowels only is required. See article on injections.

GLYCERINE SUPPOSITORIES. Excellent for constipation; they operate in a very short time; specially useful when traveling.

PILLS, ALOIN, STRYCHNINE AND BELLADONNA. Dose, one or two as laxative. Constipation, dyspepsia, liver disorders, and general debility.

OF THE ENTIRE LIST of cathartics and laxatives perhaps *Cascara Sagrada* is the best laxative for general use. Compound Licorice Powder is perhaps second and Phosphate of Soda a worthy rival. Epsom Salts and Solution Citrate of Magnesia perhaps operate the easiest. Compound Cathartic Pills are perhaps the most thorough. Rectal injections are the least debilitating. Seidlitz Powders perhaps the most satisfactory after eating and during active exercise.

COUGH MEDICINES AND EXPECTORANTS.

SYRUP OF IPECAC. Dose, one-half to one teaspoonful. Coughs, colds, bronchitis; especially adapted for children; croup, catarrh with fever.

SYRUP OF SQUILLS. Dose, one-half to one teaspoonful. Late stages of a cold, bronchitis, or catarrh; especially useful when cough is tight.

SYRUP OF WILD CHERRY. Dose, one to three teaspoonfuls. Chronic cough of consumptives, night cough, cough of habit, cough of dyspepsia and of general debility.

SYRUP OF TOLU. Not often taken alone; it possesses but little value; used to aid the action of and flavor more active medicines.

TURLINGTON'S BALSAM. Dose, one-half to one teaspoonful in sugar and water. Chronic cough, bronchitis, catarrh, chronic sore throat.

BRITISH OIL. Dose, ten to twenty drops on sugar. Bad colds, catarrh, bronchitis, chronic coughs generally.

COXE'S HIVE SYRUP. Dose, ten drops to one-half teaspoonful. Croup, bronchitis, and tight and obstinate coughs. Too powerful for young children.

BROWN MIXTURE. Dose, one tea- to one tablespoonful. An excellent general cough mixture; coughs, colds, bronchitis, catarrhal affections, and consumption. Brown mixture can be procured in the form of lozenges, and they are well suited

to throat and bronchial troubles. One teaspoonful may be given to children every three or four hours.

WINE OF TAR. SYRUP OF TAR. MIXTURE OF OIL OF TAR. Dose of either one-half to one teaspoonful. Chronic cough, consumption, chronic bronchitis, cough of habit. Tar is supposed to be somewhat tonic, and is often prescribed where the digestion, as well as the lungs, is deranged.

ASAFETIDA. Dose, one to three grains in pill form. Chronic cough, especially when due to nervousness, dyspepsia, or from habit; especially adapted for old persons.

OIL OF EUCALYPTUS. Dose, five drops on sugar. Chronic coughs of all kinds, catarrh, bronchitis, and consumption.

CHLORIDE OF AMMONIA. Dose, three to ten grains in solution. An excellent addition to cough and throat mixtures; it loosens phlegm, and removes catarrhal conditions; specially useful in chronic cases. It can be procured in the form of lozenges.

TEREBENE. Dose, three to five drops on sugar. Coughs and catarrhs of all kinds, especially of a chronic nature.

SYRUP OF TEREBENE. Dose, one teaspoonful. Very useful in chronic cough.

BLACK STICK LICORICE. Dose, much less than what is usually swallowed. Sore throat, hoarseness, catarrh, and chronic cough. *Licorice Root* is very effectual in relieving coughs and throat troubles.

BRONCHIAL TROCHES are used too freely; generally contain opium. Cautiously used, of benefit in sore throat, hoarseness, and bronchitis.

COUGH LOZENGES AND CANDIES. Sparingly used, are beneficial in irritable throat, hoarseness, and cough when not due to deranged digestion. Bad colds are often due to faulty digestion, and in such cases lozenges are apt to aggravate.

TINCTURE OF ACONITE. Three drops every two or three hours; very useful during first stages of cold with cough. Being a poison, care must attend its use.

TINCTURE OF BELLADONNA. Three drops every two or three hours. Irritable cough with excessive secretion. Especially useful in cough with night-sweats.

DEMULCENTS, such as Licorice Root, Gum Arabic, Elm Bark, Flaxseed Tea, Hot Lemonade, and Glycerine will often relieve a cough. Flaxseed Tea, with a little paregoric added, excellent for irritating cough.

FLUID EXTRACT GRINDELIA. Dose, ten to thirty drops. Chronic cough, bronchitis, asthma, and catarrhal conditions generally.

The following is a very mild cough mixture, and is well suited to relieve nervous cough, irritable throat, and cough from habit :—

COUGH MIXTURE.

Syrup of wild cherry, 6 drachms
 Camphor water, 1 ounce
 Syrup of ipecac, 2 drachms.
 Mix. A teaspoonful every two or three hours.

I have sold the following for years, and it has given good satisfaction as a—

GENERAL COUGH MIXTURE.

Syrup of squill, 1 ounce
 Syrup of ipecac, 1 ounce
 Syrup of tolu, 1 ounce
 Sweet spirits of nitre, 1 ounce
 Powdered extract of licorice, . . 30 grains.
 Mix. Shake well and take a teaspoonful every few hours, as required.

If a more anodyne and quieting mixture is needed, one grain of morphia may be added to the above.

COUGH SYRUP.

The following will compare very favorably with the various expectorants on the market :—

Tincture of cohosh,	}	one ounce of each.
Tincture of bloodroot,		
Paregoric,		
Syrup of ipecac,		
Syrup of squill,		
Syrup of tolu,		
Mix. Take one or two teaspoonfuls as required.		

COUGH MIXTURE.

The following will be found useful in chronic bronchitis and catarrhal conditions of the throat and chest :—

Chloride of ammonia, 2 drachms
 Chloroform, 1 drachm
 Brown mixture, 3 ounces.
 Mix. Shake well and take a teaspoonful three or four times a day.

COUGH SYRUP.

The following forms a cheap but quite effectual cough mixture. It is very similar to Jayne's Expectorant, and generally gives satisfaction:—

Wine of antimony,	$\frac{1}{2}$ ounce
Vinegar of squills,	$\frac{1}{2}$ ounce
Laudanum,	3 drachms
Oil of wintergreen,	20 drops.
Sugar-house molasses,	8 ounces.

LEMON JUICE COUGH SYRUP.

Citrate of potash,	1 drachm
Lemon juice,	2 drachms
Syrup of ipecac	$\frac{1}{2}$ ounce
Simple syrup to make	4 ounces.

GARGLES AND MOUTH WASHES.

SOLUTION OF CHLORATE OF POTASH (one ounce to one pint). Extremely useful in all forms of sore throat, pharyngitis, hoarseness, and enlarged tonsils. Improved by adding honey.

COHEN'S GARGLE, containing chlorate of potash, guaiac, etc. Excellent in all forms of sore throat, diphtheria, pharyngitis, and enlarged tonsils. A teaspoonful may be swallowed every six hours to advantage.

RED PEPPER TEA. Used sometimes as a gargle in acute sore throat and pharyngitis.

LIME WATER. Is sometimes useful to dissolve the false membrane of croup and diphtheria.

ALCOHOL, diluted with from one to six parts of water. In ordinary sore throat, especially of a diphtheritic nature.

ALUM GARGLE. One teaspoonful alum to one-half tumbler of water. Inflamed and relaxed throat with fetid breath. It injures the teeth.

COLD SAGE TEA, made strong, is a tonic to the throat, well suited to elongated uvula and enlarged tonsils.

CARBOLIC ACID GARGLE. Three drops to each ounce of water, sometimes useful for offensive breath due to sore throat.

VINEGAR, diluted to suit with water, serves as a useful gargle.

TANNIN GARGLE. Thirty grains to four ounces of water. Useful in relaxed throat, elongated uvula, and enlarged tonsils.

NITRATE OF SILVER OR LUNAR CAUSTIC, both in stick and solution, is much used by physicians, but it is entirely unsuited to general use.

DISTILLED EXTRACT OF WITCH HAZEL. Well suited to chronic sore throat, enlarged tonsils, elongated uvula, and weakness of the voice.

SALT WATER. This forms an excellent gargle in ordinary sore throat.

ASTRINGENT GARGLE.

The following will be found to be a superior gargle in all forms of sore throat:—

Sumach berries,	1 ounce
Chlorate of potash,	$\frac{1}{2}$ ounce
Boiling water,	1 pint.

Simmer in an earthen vessel, with occasional stirring, to three-fourths of a pint, and strain.

Use as ordinary gargles every three or four hours.

GARGLE FOR DIPHTHERIA.

In diphtheria a gargle similar to the following is generally prescribed:—

Tincture of iron,	2 drachms
Chlorate of potash,	2 drachms
Glycerine,	3 drachms
Water to make	4 ounces.
Mix. Gargle every three hours.	

SPRAYS AND WASHES FOR THE NOSE AND THROAT.

The most desirable sprays or atomizers are those which throw a continuous spray, and which have but a single bulb.

The interrupted spray producer, however, answers every purpose, is less liable to get out of order, and costs less money than other kinds.

Spraying the nose and throat is an effectual method of cleansing the parts, destroying fetor, and restoring the membrane to a healthy condition.

The following solutions are of proper strength to use in the form of spray for the nose and throat:—

CARBOLIC ACID. Ten drops to four ounces lime water. Diphtheria, etc.

CARBOLIC ACID. Six drops to four ounces water. Sore throat, catarrh, etc.

CHLORATE OF POTASH. Twenty to sixty grains to four ounces water. Catarrh, fetor, etc.

BORAX. Fifteen to sixty grains to four ounces water. Catarrh with accumulations.

COMMON SALT.—Fifteen to one hundred and twenty grains to four ounces water. Chronic catarrh.

PERMANGANATE OF POTASH. Ten grains to four ounces water. Fetid breath, ozæna.

TINCTURE OF IRON. Ten to sixty drops to four ounces water. Diphtheria.

TANNIN. Ten to sixty grains in four ounces water. Relaxed throat and uvula.

ALUM. Ten to sixty grains in four ounces water. Relaxed throat and uvula.

QUININE. Two to ten grains in four ounces water. Hay fever, asthma, etc.

NITRATE OF SILVER. Two to twenty grains in four ounces water. Sore throat.

ALKALINE ANTISEPTIC SOLUTION. Diluted with one to three parts of water excellent for cleansing and healing.

DOBELL'S SOLUTION. Found in all drug stores—a standard spraying mixture for the nose and throat.

PEROXIDE OF HYDROGEN. Diluted two to four times—an excellent cleansing and antiseptic spray or gargle.

All applications in the nose should be used warm.

CATARRH SNUFFS.

Powdered loaf sugar, $\frac{1}{2}$ ounce

Powdered borax, $\frac{1}{4}$ ounce

Powdered common salt, . . . $\frac{1}{4}$ ounce

Oil of peppermint, 4 drops.

Mix and triturate thoroughly. To be used as a snuff several times daily in catarrh.

The following acts in a charming manner in catarrh of the back part of the nasal cavities:—

Subnitrate of bismuth, . . . 3 drachms
 Powdered gum arabic, . . . 1 drachm
 Muriate of morphia, . . . 1 grain.
 Mix thoroughly. Use as catarrh snuff.

The following is a most excellent catarrh snuff. It has been largely used by the profession and gives general satisfaction:—

Sub-carbonate of bismuth, . . . 3 drachms
 Powdered starch, . . . 1 drachm
 Muriate of morphia, . . . 1 grain.
 Thoroughly mix and powder. Use as catarrh snuff
 several times a day.

Gargle for chronic catarrh attended with irritated throat and cough. It will often relieve the cough of nasal catarrh better than anything else:—

Carbolic acid crystals, . . . 30 grains
 Borax 2 drachms
 Phosphate of soda, 2 drachms
 Tannic acid, 2 drachms
 Glycerine, $\frac{1}{2}$ ounce
 Water, $1\frac{1}{2}$ ounces.
 Mix. Stir one or two teaspoonfuls in a glass of water
 and use as a gargle early in the morning, and two
 or three times during the day.

COHEN'S GARGLE.

The following is one of the best possible gargles for sore throat, pharyngitis, and tonsilitis, whether acute or chronic, that it is possible to devise. It may be used many times a day, and a teaspoonful may be swallowed with benefit three times a day for several days in succession:—

Ammoniated tincture of guaiac, 2 drachms
 Compound tincture of cinchona, 2 drachms
 Clarified honey, 6 drachms.
 Mix and add saturated solution of chlorate of potash
 to make four ounces.
 Mix. Shake well. Use as a gargle every hour or two
 or less frequently.

FEVER REMEDIES.

SWEET SPIRITS OF NITRE. Dose, ten to forty drops every one to three hours. Small doses frequently repeated act better than large doses.

LEMONADE. Drank at liberty.

SPIRITS OF MINDERERUS. Dose, one tablespoonful every two or three hours.

CITRATE OF POTASH. Dose, ten to fifteen grains every two or three hours in solution.

TINCTURE OF ACONITE. Dose, two to five drops every three hours, as ordered by a physician.

COLD WATER. Small quantities frequently drank.

SPONGING THE BODY with tepid water, or with vinegar and water, or diluted alcohol. Cold to the head.

DILUTE MURIATIC ACID. Dose, ten drops in water every few hours, as prescribed in continued fevers.

QUININE. Ten grains daily when due to malaria.

LINIMENTS AND COUNTER-IRRITANTS.

SOAP LINIMENT. Used for local pains, sprains, bruises, and rheumatic pains. It should be rubbed on.

CHLOROFORM LINIMENT. Painful affections, neuralgia, rheumatic pains, and sciatica.

HARTSHORN OR AMMONIA LINIMENT. Sore throat, catarrh, cold on the chest, and rheumatism. Should be covered after applied.

CAMPBOR LINIMENT OR CAMPBORATED OIL. Sprains, bruises, rheumatism, local pains, and glandular swellings.

TINCTURE OF ARNICA. Cuts, bruises, injuries, sprains, swellings, inflammations, and painful affections.

TINCTURE OF IODINE. Old or chronic enlargements, swollen glands, especially of a scrofulous nature.

TURPENTINE LINIMENT. Rheumatism, chronic pains, lumbago, sciatica.

LAUDANUM. Pains, small cuts, bruises, abscesses, boils, felons, severe local swellings.

LEAD WATER AND LAUDANUM. Inflammations, accompanied by pain, fever, and swellings, painful conditions generally.

MENTHOL CONES. Local neuralgia, face-ache, headache, superficial pains about the face and head.

BAUME TRANQUILLE. To be rubbed on in local neuralgia, rheumatism, chronic swellings. A few drops in ear for earache.

CRUDE PETROLEUM. A good liniment for man or beast, but is specially useful in veterinary practice.

STOKES' LINIMENT. Can be prepared by any druggist. Rheumatism, stiff joints, pains in the muscles, and as a general household liniment.

LINIMENT OF IODIDE OF AMMONIA. Chronic affections, enlargements, chronic swellings, rheumatism, and gout.

EXTRACT OF WITCH HAZEL. Inflammations, swellings, neuralgia, itching, and irritation of the skin.

ARMY LINIMENT.

Liquor ammonia,	1 ounce
Oil turpentine,	1 ounce
Olive oil,	1 ounce.
Mix.	

A cheap and useful household liniment.

A GOOD RHEUMATIC LINIMENT.

Oil of wintergreen,	$\frac{1}{2}$ ounce
Soap liniment,	$1\frac{1}{2}$ ounce.
Mix. Apply to the painful parts.	

GENERAL HOUSEHOLD LINIMENT.

The following forms an excellent liniment for general purposes; especially useful in rheumatism and painful affections:—

Soap liniment,	3 ounces
Aqua ammonia,	$\frac{1}{2}$ ounce
Laudanum,	$\frac{1}{2}$ ounce.
Mix. Use as a liniment.	

ANODYNE LINIMENT.

The following is a very useful liniment for pains in the muscles, accompanied with spasms:—

Tincture belladonna,	2 drachms
Soap liniment,	3 ounces.
Mix.	

COMPOUND ORIGANUM LINIMENT.

This liniment has been much prescribed by one of the leading physicians of Philadelphia, and is highly recommended for rheumatism and painful affections generally:—

Camphor,	4 drachms
Oil origanum,	1½ fluid ounces
Laudanum,	1½ fluid ounces
Olive oil,	2½ fluid ounces
Ammonia,	2½ fluid ounces.

Mix. Use as a liniment.

LINIMENT OF ACONITE AND CHLOROFORM.

This is a very powerful anodyne liniment, well suited to cases of sciatica, rheumatism, neuralgia, and other painful complaints where a decided impression is desired.

Tincture of aconite,	2 drachms
Chloroform,	2 drachms
Soap liniment,	12 drachms.

Mix. Use as a liniment.

INSTANTANEOUS OIL.

A very penetrating liniment, well adapted for sprains and stiffness of the joints:—

Oil of wormwood,	1 drachm
Oil of sassafras,	2 drachms
Oil of cinnamon,	2 drachms
Chloroform,	½ drachm
Alcohol,	4 ounces.

Mix. Use as a liniment.

OINTMENTS, SALVES AND DRESSINGS.

VASELINE, COSMOLINE, PETROLATUM. Almost universally applicable wherever bland ointment or dressing is desired.

COLD CREAM. Chapped hands, sore lips, sunburn and dryness of the skin.

- CAMPBOR ICE.** Chapped hands and face, sore lips, sunburn, roughness of the skin. A most excellent article.
- GOULARD'S CERATE.** Burns, scalds, chilblains, eruptions of the skin; especially useful where the parts are hot, and swollen.
- OXIDE OF ZINC OINTMENT.** Chronic eczema, ulcers, abrasions and skin diseases.
- BASILICON OINTMENT.** Indolent ulcers, such as when burns, scalds or blisters fail to heal; chilblains and old sores.
- BLUE OINTMENT.** Enlarged glands; destroys head-lice and other body vermin.
- TAR OINTMENT.** Scald head, chronic scaly and scabby skin diseases.
- TANNIC ACID OR NUTGALL OINTMENT.** Piles, prolapsus of the anus and flabby ulcers.
- CARBOLATED COSMOLINE.** Burns, scalds, fetid sores and itching surfaces.
- BLISTERING OINTMENT.** For blistering only.
- GLYCERINE AND ROSE WATER.** Chapped hands and face, sore lips, roughness of the skin and sunburn.
- SULPHUR OINTMENT.** Cures the itch; useful in chronic skin diseases.
-

BLOOD PURIFIERS, OR ALTERATIVES.

- SARSAPARILLA.** Never given alone. Said to be a mild alterative when given with other remedies.
- IODIDE OF POTASH.** Dose, five to fifteen grains, dissolved, at meal time. Chronic diseases, enlargements, humors, venereal diseases, etc.
- COD-LIVER OIL.** Dose, one to two teaspoonfuls. Scrofula, consumption, chronic diseases, accompanied by debility, especially in children.
- FOWLER'S SOLUTION OF ARSENIC.** Dose, one to three drops. Consumption, chronic skin diseases, anæmia, scrofula, and nervous affections.
- CHLORIDE OF AMMONIA.** Dose, five to fifteen grains. Chronic congestion and inflammations of the mucous membranes, torpid liver, and catarrhal conditions generally.
- SYRUP OF IODIDE OF IRON.** Dose, ten to twenty drops; children, two to ten drops, diluted with water. Scrofula, rickets, anæmia, debility.

BICHLORIDE OF MERCURY. Dose, one-twentieth to one-eighth grain in solution as prescribed. Venereal disorders, scrofula, enlargements, and obstinate diseases.

FLUID EXTRACT HYDRASTIS. Dose, one-fourth to one teaspoonful. Malaria, dyspepsia, faulty secretions and catarrhal conditions.

SYRUP OF IODIDE OF CALCIUM. Made according to the National Formulary. Dose, one teaspoonful in water at meal time. Scrofula and scrofulous swellings, old sores, chronic diseases, especially of venereal taint.

SULPHUR AND CREAM OF TARTAR. Equal parts in small doses in molasses. A mild, cooling laxative. Torpid bowels, skin diseases, humors in the blood, piles and headache.

COMPOUND SYRUP OF HYPOPHOSPHITES. Dose, one teaspoonful at meal time. Chronic diseases, scrofula, consumption, general debility, nervous disorders.

FLUID EXTRACT DANDELION. Dose, one-half to one teaspoonful three times a day. Torpid liver, biliousness, liver spots on the face, malaria, and constipation.

AYER'S COMPOUND EXTRACT OF SARSAPARILLA.

Alcohol, 3 ounces

Fluid extract sarsaparilla, . . . 3 ounces

Fluid extract yellow dock, . . . 3 ounces

Fluid extract stillingia, 2 drachms

Sugar, 1 ounce

Iodide of potash, 90 grains.

Mix. Dose, one or two teaspoonfuls three times daily.

BLOOD PURIFIER.

The following will be found the equal of any of the Sarsaparillas on the market, and any druggist can compound it:—

Fluid extract sarsaparilla, . . . 1 ounce

Fluid extract stillingia, 1 ounce

Fluid extract yellow dock, . . . 1 ounce

Podophyllin, 3 grains

Water, 4 ounces

Simple elixir, 4 ounces

Alcohol, 2 ounces

Glycerine, 2 ounces

Iodide of potash, 90 grains.

Mix. From one tea- to one dessertspoonful three times a day.

TONICS AND APPETIZERS.

ELIXIR OF PYROPHOSPHATE OF IRON, QUININE AND STRYCHNINE. Dose, one-half to one teaspoonful in water, at meals. One of the best tonics we have. Anæmia, general debility, loss of appetite, neuralgia and malaria.

QUININE PILLS. Dose, one, two and three grains each. General weakness, debility, malaria, neuralgia and colds.

TINCTURE OF IRON. Dose, three to fifteen drops in water, after meals. Anæmia, loss of appetite, malaria, general debility.

QUEVENNE'S IRON. Dose, one to three grains in pill form. A general tonic in debility, bloodlessness, and neuralgia.

BLAUD'S PILLS OF IRON. Dose, one, at meal time. A very desirable form of taking iron.

CHAMOMILE TEA. Drank ad libitum. Very useful in loss of appetite and during convalescence.

INFUSION OF QUASSIA, COLOMBO OR GENTIAN are, either, very appetizing. *A quassia cup* will answer the purpose.

TINCTURE OF NUX VOMICA. Dose, one to five drops at meal time, in water. Loss of appetite, general debility, constipation, dyspepsia.

DILUTE MURIATIC ACID. Dose, five to fifteen drops, well diluted. Dyspepsia, torpid liver, malaria, fevers, and constipation.

COMPOUND SYRUP OF HYPOPHOSPHITES. Dose, one teaspoonful in water. Dyspepsia, scrofula, debility and chronic diseases.

COD-LIVER OIL. Dose, one or two teaspoonfuls. Consumption, scrofula, chronic diseases accompanied by debility.

WHOLE YELLOW MUSTARD SEEDS. Dose, one teaspoonful in molasses. Dyspepsia, weak stomach, loss of appetite and constipation.

INFUSION WILD CHERRY BARK. Dose, as required. During convalescence, debility accompanied by cough or nervousness.

PEPSIN TABLETS OR LIQUID PEPSIN. Indigestion, heartburn, acidity, pains in the stomach, and flatulence.

ELIXIR OF HYPOPHOSPHITES WITH IRON. Dose, one teaspoonful. General debility, consumption, scrofula, anæmia, nervous debility, mental impairment.

ELIXIR PEPSIN, BISMUTH AND STRYCHNINE. Dose, one teaspoonful. Exceedingly useful in some forms of dyspepsia, painful digestion, loss of appetite, weak stomach, and nervous dyspepsia.

SYRUP OF HYPOPHOSPHITE OF LIME AND SODA. Dose, one teaspoonful three times daily. General debility, scrofula, impaired nutrition, and chronic diseases generally.

TONIC FOR DYSPEPSIA WITH TORPID LIVER.

Dilute muriatic acid, 1 drachm

Tincture nux vomica, 30 drops

Compound infusion gentian, . . . 4 ounces.

Mix. A teaspoonful in water, after meals.

TONIC FOR DYSPEPSIA.

Excellent for general debility, loss of appetite, and malaria.

Sulphate quinine, 16 grains

Tincture of nux vomica, 30 drops

Dilute muriatic acid, 1 drachm

Syrup of ginger, 4 ounces.

Mix. One or two teaspoonfuls in water, after each meal.

DIURETICS OR KIDNEY REMEDIES.SWEET SPIRITS OF NITRE. *Dose*, ten to forty drops every few hours.

CREAM OF TARTAR. One-half teaspoonful in warm water every six hours.

OIL OF JUNIPER. Four drops on sugar three times a day.

POWDERED SQUILLS. Two grains in pill form every three hours.

FLUID EXTRACT BUCHU. One-half to one teaspoonful in water three times a day.

FLUID EXTRACT UVA URSI. One teaspoonful in water three times a day.

CITRATE OF POTASH. Thirty to sixty grains in lemonade every four hours.

WATER and drinks of all kinds are diuretic.

WATERMELON SEED TEA. Drank ad libitum.

INFUSION OF DANDELION. Four tablespoonfuls three times daily.

WILD CARROT SEED TEA. Drank ad libitum.

HOT SITZ BATHS AND FOMENTATIONS.

BASHAM'S MIXTURE. *Dose* one tea- to one tablespoonful three times a day.

WORM MEDICINES.

COMMON SALT. A teaspoonful in water taken in the morning will often expel worms; half as much for children.

FLUID EXTRACT OF SPIGELIA AND SENNA. One teaspoonful for a child morning and night for two or three days.

OIL OF CHENOPODIUM. Five to ten drops twice a day on sugar, followed by cathartic.

SANTONINE LOZENGES. One or two for a child five years old. Directions accompany those sold in packages.

WORM CONFECTIONS AND VERMIFUGES, as sold in packages in the drug stores, are very convenient, safe, and effectual.

ELM BARK is said to destroy worms if freely chewed and the spittle swallowed.

PREPARATIONS OF IRON should be taken in small doses to destroy the nests in which the worms multiply.

INFUSION OF QUASSIA. The best remedy for seat-worms. Inject one-half pint into the bowel daily.

PUMPKIN SEEDS. One or two ounces in sweetened milk best remedy for tapeworms.

ALL WORM MEDICINES should be considered poisonous and directions should be followed, and cathartics follow their use.

The following are most excellent—

WORM POWDERS.

Santonine, 5 grains

Calomel, 5 grains

Sugar of milk, 10 grains.

Mix. Make ten powders. One morning and night.

POROUS AND ADHESIVE PLASTERS.

BELLADONNA PLASTERS. Useful for local pains, neuralgia, rheumatism; especially adapted for pains in chest.

ACONITE AND BELLADONNA PLASTERS. Pains, inflammations, soreness, neuralgia and rheumatism.

CAPCINE, CAPSICUM OR RED PEPPER PLASTERS. Act as counter-irritant. Internal pains, muscular pains and painful affections generally.

STRENGTHENING PLASTERS (ALLCOCK'S AND OTHERS). Sprains of all kinds, weak back, lumbago, muscular weakness and fatigue.

ARNICA PLASTERS. Sprains, injuries, internal soreness, muscular weakness and chronic tenderness.

HOP PLASTERS. Local pains and soreness, inflammatory rheumatism and neuralgia.

MENTHOL PLASTERS. Specially useful in neuralgia and rheumatism, pains in the muscles, backache, stiffness of the muscles.

SPICE PLASTERS. Highly useful for infants, sick stomach, pains in the stomach and bowels, chest pains, bronchitis and local pains generally.

MUSTARD PLASTERS. Internal pains, congestions and inflammations. Used to draw the blood from the body into the extremities in fever and brain troubles; to the nape of the neck in headache; over the stomach for nausea, vomiting and pain; over the bowels in colic, diarrhœa and dysentery; over the chest in bronchitis, pleurisy and pneumonia, etc. Should not be allowed to blister.

CANTHARIDAL PLASTERS. Used for blistering only. Internal inflammations, colic, pains in internal organs, brain affections. As a rule should not be used unless prescribed.

ELECTRIC PLASTERS. Where a strong impression is desired. Chronic rheumatism, sciatica, neuralgia, paralysis. If kept on too long are liable to cause a sore.

TO DESTROY DISEASE GERMS.

DISINFECTANTS.

DEODORIZERS.

ANTISEPTICS.

Disinfectants are substances capable of destroying the lower forms of life, such as disease germs, micro-organisms, miasms, contagious and infectious substances, and of preventing putrefaction and decomposition.

In popular language, disinfectants, deodorizers and antiseptics, are almost synonymous terms. They are, however, very different in their action.

A *disinfectant* kills the disease germ.

Antiseptics are substances, the presence of which renders it impossible for the lower forms of life to multiply and subsist.

Deodorizers are substances which destroy foul odors.

Antiseptics simply prevent what disinfectants destroy. A substance may destroy offensive odors, without acting upon disease germs in any way whatever. On the other hand a disinfectant may or may not destroy the odor of that upon which it acts. A foul smell is, therefore, no indication of the presence of micro-organisms which take part in the phenomena of so many diseases.

Disinfection is a matter of extreme importance. Many diseases which are not contagious in the ordinary sense become so through the medium of impure air and filthy surroundings. We might also add that contagious diseases become much more virulent and apt to spread, when bad sanitary and hygienic conditions are present.

The habit of throwing the alvine discharges, sputum, vomited materials and other excretory substances of the sick room, out on the surface of the ground,—where chickens and other fowls may devour them, or where the sun will dry them, and where, mixed with the dust, they are blown hither and thither by the wind, carrying disease, and perhaps death with them,—should be abandoned, as such habits are barbaric. Cats and dogs may under certain circumstances become carriers of disease. It takes an abundance of experience to teach some kinds of lessons, and no doubt future research will demonstrate that some dearly bought lessons exist along this line.

In the first place *prevention* amounts to more than anything else. Visiting where contagious diseases are, unless it is a matter of necessity, is very unwise. While every one should be ready and willing to "visit the sick," yet unless some service can be rendered, it is, as a rule, better to remain away.

Neighborly kindness never demands a breach of common sense in order to meet its requirements.

To understand just how to disinfect a locality, a house, a sick-room, or the substances which must necessarily be carried therefrom, is a matter too little understood.

The following are the three best disinfectants, and are within the reach of all:—

1. PURE FRESH AIR.
2. PURE WATER.
3. FIRE.

An abundance of *pure, fresh air* is a powerful disinfectant, and it should be admitted to every sick-room. Don't simply open a

crack in the door that leads into the hall or another room, but let in the fresh, pure air of heaven, from the outside.

"Wide-open windows and great draughts of fresh, pure air are the only proper disinfectants for a close room." Little saucers containing chloride of lime or carbolic acid placed about a room are not to be depended upon.

Water is a natural disinfectant, and it should be used liberally about the sick-room. Everything should be kept clean and sweet.

Another radical destroyer of disease germs is *Fire*. All rags, paper, plasters, food, pill boxes, sweepings, and other waste from the sick-room, should be consumed at once. Clothing and bed clothing should be rolled up and transferred immediately to the wash boiler, the lid adjusted, and a thorough boiling of the contents made.

DISINFECTING THE DISCHARGES.

In typhoid fever, cholera, and epidemic dysentery, the discharges from the bowels should always be disinfected. *The disinfecting solution should be added to the vessel or bed-pan before it is used, not afterward.*

The following will be found valuable for this purpose:—

Place eight ounces of pure, fresh Chloride of Lime in a gallon jug and fill it with water, and put from a pint to a quart of this solution in the vessel before each evacuation.

Or

Put two pounds of copperas in a gallon jug and fill with water, and use in the same way as the above.

Or

Get the druggist to make a solution of corrosive sublimate, one part to one thousand (1 to 1000), and use in the same way. This solution is a *deadly poison* if swallowed, and extreme care should be used in handling it; otherwise it is perhaps the best thing that can be used.

Or

Platt's Chlorides, Bromo-Chloralum, Solution of Chlorinated Soda, and several other preparations answer an excellent purpose. Bromo-Chloralum and Platt's Chlorides have the advantage of being entirely odorless. They are superior articles in the sick-room.

Or

A five per cent. solution of carbolic acid (about one and one-half ounces to the quart) will answer fairly well. About as

much of the mixture should be used as equals the discharge. Carbolic acid is poisonous, and the odor of it is offensive to many persons. Discharges from the bowels and kidneys should, after disinfection, be thrown into the sewer or buried at least one hundred feet from any well; in no instance should they be thrown on the surface or be allowed to drain into a flowing stream.

TO DISINFECT PRIVIES.

Chloride of lime and copperas are, perhaps, the best two substances for this purpose. Either can be used in powder form, but the best way is to dissolve them in a gallon jug—two pounds of chloride of lime, or three or four pounds of lump copperas to the gallon of water—and daily disinfect with the solution.

A neglected sink or privy well should be treated with a whole gallon of the above mixture at once. The jug containing the solution of chloride of lime should be kept corked.

TO DISINFECT A ROOM.

Calculate the number of cubic feet in the room, and for every thousand cubic feet take one and one-half pounds of roll brimstone broken in pieces. Put the brimstone on a plate and the plate on a brick in the centre of a tub containing about two inches of water. Place the tub in the middle of the room. Then see that the room is perfectly air-tight, the windows all down, and if clothing is to be disinfected hang it up loosely. Then ignite the sulphur—which is easier accomplished if a little alcohol or kerosene is poured over it—and *leave the room*, as the gas it gives off is *poisonous*.

Close the door and keep it closed for several hours. The room should then be thoroughly ventilated and cleaned. If some contagious disease has been in the room previous to the above fumigation, the paper should be scraped from the wall, and the floors and woodwork thoroughly scrubbed.

“Sulphur Candles” are much used for burning purposes.

Formaldehyde Solution or Formalin as applied by Boards of Health, is an effective disinfectant, but is not suited for general use. Formaldehyde Lamps, suited for one room, are for sale at drug stores, and serve a good purpose for general use. A thorough disinfection should follow all contagious diseases, such as typhoid and scarlet fever, diphtheria, small-pox, tuberculosis, etc.

DEODORIZERS.

Deodorizers or deodorants are substances which destroy or disguise foul or fetid odors.

They may act by disguising or covering up the odor, by absorbing the offensive gas, or by acting chemically upon the elements of which the fetid substance is composed.

Disguising the odor of the breath is daily practiced in the use of cachous, cardamon seeds, cloves, calamus, lovage root, Canada snake root, etc. Spraying sick-rooms with cologne water or burning aromatic pastiles in musty parlors is simply covering up the odor.

Charcoal possesses remarkable absorbent properties, and is sometimes used in sick-rooms, but its use is confined principally to tooth powders, and as an ingredient of poultices for foul ulcers and sores.

Chlorine in some form is the best chemical deodorant, and enters into the composition of most all articles sold for this purpose. *Bromo-Chloralum*, *Platt's Chlorides*, and *Labarraque's Solution* (Solution of Chlorinated Soda), are all valuable preparations for the sick-room, and should be used whenever there is need of such articles.

Full directions in regard to their use accompany each bottle. I have sold these preparations for years, and they give universal satisfaction.

Chloride of lime solution—four ounces to one gallon of water—makes a cheap and effectual preparation of chlorine.

Permanganate of potash, a highly colored substance, is an active deodorant, but is not suited for general purposes.

Burning *lavender flowers* will disguise the odor of a room. Or if no more agreeable substance is at hand, burning coffee or a small rag upon the stove may be resorted to in order to disguise a foul odor.

ANTISEPTICS.

Antiseptics are substances capable of preventing putrefactive changes in the tissues of the body, by prohibiting the generation of micro-organisms or the formation of unhealthy conditions. In short, antiseptics are medicines or other substances applied to wounds, sores, open inflammatory surfaces, etc., to keep the parts healthy. Common salt acts as an antiseptic in preserving meat. Dried beef and hams are partly preserved on account of the creasote the smoke contains with which they are saturated.

In the same way solutions of carbolic acid and corrosive sublimate prevent unhealthy action in the living tissues, and thus favor the rapid and complete healing of severed parts.

The use of antiseptics has greatly aided in advancing the art of surgery, and what is known as the "ANTISEPTIC TREATMENT" is recognized as an essential part of surgical practice. It consists in subjecting the atmosphere, the hands and instruments of the surgeon, the sponges, applications, and bandages, to such a cleansing that all germs are killed.

A great many substances possess antiseptic powers.

Corrosive sublimate solutions are used more than anything else by physicians. It is such a deadly poison, however, that it is unfit for unprofessional hands.

Corrosive sublimate in tablet form is used by physicians. Each tablet contains $7\frac{7}{10}$ grains of corrosive sublimate (enough to kill several persons if swallowed), which, added to one quart of water, makes a 1 to 2000 solution. This solution is a powerful poison to the lower forms of life. While this agent is unfit for popular use, a knowledge of it demonstrates the importance of being careful even with washes.

Carbolic acid has been much employed as an antiseptic, but has fallen somewhat into disuse. Alcohol, iodoform, iodine, boracic acid, salicylic acid, thymol, turpentine, chloride of zinc, tar, oil of eucalyptus, and all the volatile oils possess antiseptic qualities.

Peroxide of Hydrogen possesses marked antiseptic properties.

Creoline, Cresol, Lysol and coal tar antiseptics under other names are found in all drug stores. Explicit directions for use are usually found upon the labels. Every well-informed druggist can give the desired information regarding the use of antiseptics.

TO DESTROY INSECTS.

Living parasites of various kinds torment the human race. They infest vegetation, domestic animals, the human body, and the home. Their prevention and destruction is a matter of no little importance.

ANTS.

Ants are often an annoyance in cellars, milk houses, pantries, and dark, damp places. They are a nuisance from their inordinate faculty of *getting into things*. They are attracted by almost

everything in the house, from sugar to shoe-polish and from bath sponges to dead cockroaches. They form their nests in almost any secluded spot between the walls, or under the floors, or behind the base-boards, or among the trash in some old box or trunk, or in the garden walk just outside the door.

The first thing to be done is to find the point from which they all come. When their nests are outside it is easy to destroy them with kerosene. If the nest is in the wall or under the floor, find the nearest accessible point and kill them as they appear. Ants are quite susceptible to the action of Insect Powder, and if it be freely and persistently used will destroy them.

Bisulphide of Carbon, a very volatile liquid, is very destructive to them. Quick-lime thrown on their nests and then watered will destroy them. A strong solution of alum is said to kill them when thrown into places which they frequent. *Powdered Borax* is more used than anything else to destroy them, and it should be freely sprinkled on the ground, floors, or shelves where they frequent. It is one of the least objectionable articles which it is possible to use.

Gas Tar painted around a tree will prevent ants from climbing it.

BED-BUGS.

These pests are often extremely difficult to eradicate. They will sometimes multiply to an enormous extent when a furnished house is vacated. The easiest way is to avoid them altogether by carefully using preventive measures against them. All cracks and crevices about bedsteads, floors, and walls should be closed.

The following, although a *deadly poison* if swallowed, is a very thorough eradicator of these insects. I have compounded and sold it for years, and it has given universal satisfaction :—

BED-BUG POISON.

Corrosive sublimate,	30 grains
Oil of turpentine,	2 drachms
Gum camphor,	1 drachm
Alcohol to make	8 ounces.
Mix and dissolve. POISON. For bed-bugs.		

It should be applied with a small brush or feather and kept out of the reach of children.

Turpentine freely applied will be found very effectual in killing and preventing bed-bugs. Benzine, finely sprayed with a hand

atomizer, will penetrate the minutest cracks and is sure death to both the insect and its eggs. Gasoline and kerosene are both very destructive to bed-bugs. It is said that ants will kill bed-bugs and that the latter are never found where ants are numerous.

COCKROACHES.

These insects frequent dark, damp places, and much can be done to prevent them by keeping cellars and drains dry and free from rubbish.

Borax freely sprinkled in the places they frequent is a popular article for their extermination.

Or

Phosphorus Paste is perhaps the most destructive substance that can be employed. It can be procured at any drug store.

Or

Red Lead made into a paste with flour and brown sugar, and placed on cards in localities where roaches frequent at night, is said to destroy them.

Or

Wheat flour,	2 ounces
Powdered borax,	1 ounce
Powdered sugar,	4 ounces
Unslacked lime,	1 ounce.

Mix thoroughly, keep dry, and place on papers about infested localities, keeping it away from food.

FLEAS.

Fleas are exceedingly exasperating to some persons, while others experience no annoyance whatever from them. As they often come *one at a time*, it is impossible to do otherwise than to make an individual hunt for each flea. They have a fashion of biting as they jump, and are very hard to catch except as chased by an expert.

Dogs and cats are often the source of fleas. If so, they should be thoroughly saturated every day or two with the following mixture until it has been used three or four times:—

Sulphuret of potash,	1 ounce
Water,	1 quart.
Mix. Flea wash.	

Or

One ounce of benzine or one ounce of carbolic acid, shaken up with one pint of water, may be used to wash animals infested with fleas.

Dalmatian Insect Powder is an excellent preventive of fleas on animals. The animal should be placed in a tight bag or box, with a chance to breathe only, and the powder liberally and thoroughly rubbed into the hair. After a half hour or hour, it should be thoroughly washed with water, and the kennel should be treated to the same measures.

It is said that those who are annoyed with fleas can keep them away by placing gum camphor in wardrobes and trunks containing their underclothing, in such quantity as will give each garment a perceptible odor of the drug. This mode is said to be effective, and it is surely harmless and easily tried.

Chamomile flowers or pennyroyal herb placed in rooms are said to drive away fleas.

The following forms a good

FLEA WATER.

Oil of cloves,	2½ drachms
Carbolic acid,	½ drachm
Cologne,	3 drachms
Dilute alcohol,	2 ounces.

Mix. Sprinkle beds, bedding, etc., wherever fleas are found.

FLIES.

Flies are a great annoyance during the heated season, and many devices are employed to eradicate them.

Pure, fresh *Dalmatian Insect Powder* is unquestionably the most thorough fly destroyer we have found. It must be used properly, however, to prove effectual.

To kill the flies in a store, kitchen, or other room, all the doors and windows must be closed; very early in the morning is the best time, and with a *powder gun* the powder must be blown into the air until the atmosphere is saturated with the odor. The room must remain perfectly tight for at least half an hour, when, with brush and broom, all flies must be swept up and destroyed. If the powder is fresh and good, and the work is well done, scarcely a fly will remain. If the room is not kept air tight it will fail to kill the flies, and if air is admitted too soon the stupefied insects will "come to" and regain their former activity.

Insect Powder should be purchased in boxes or bottles, as that sold in bulk is very apt to be impaired in strength.

Or

Poison Fly Paper is porous paper which has been soaked in a solution of arsenic or cobalt and dried. When used molasses or sugar should be placed in the water to attract the flies.

Or

Powdered Cobalt may be used by being placed in a plate with sweetened water, the same as fly paper, but it is a dangerous procedure, and the paper is to be preferred.

Or

Quassia infusion is very poisonous to flies, and has the advantage of being perfectly harmless to man. The following is the proper way to prepare—

QUASSIA FLY POISON.

Rasped quassia,	$\frac{1}{2}$ ounce
Boiling water,	1 quart.
Boil a few minutes, strain, and add molasses, one-half pint.	
Display in windows, etc., in plates.	

Or

The following is dangerous to flies only:—

Black pepper,	1 ounce
Sugar,	1 ounce
Cream,	2 ounces.

Mix into a thin paste and place wherever flies gather

JIGGERS OR CHIQUE.

These little pests are found in summer seasons in woody sections. They fasten themselves into the skin, causing pain, intense itching, and irritation.

Salt water freely applied and rubbed in is the best remedy. If available, a salt sea-bath will completely eradicate them.

Olive oil is destructive of this insect, and it also relieves the irritation.

LICE.

HEAD LICE, or *Pediculosis Capitis*, are most commonly met with upon the heads of school children, street urchins, and slovenly

persons with thick hair. Under the microscope they are hideous monsters with big eyes and enormous claws. Their eggs, commonly called "*Nits*," are remarkably large and are found firmly glued to the hairs. They hatch in about five or six days. It is said that a full grown female louse may have five thousand descendants in eight weeks.

Treatment.—Blue Ointment and Red Precipitate Ointment are both in common use, and either will prove satisfactory. These should be used somewhat sparingly, but thoroughly rubbed in at those points where the insects harbor.

Or

The following may be used instead of the above:—

TO DESTROY LICE.

Citrine ointment, 2 drachms

Prepared lard, 2 drachms.

Mix. Thoroughly rub into the roots of the hair every second day.

Or

An ointment may be made by boiling two drachms of stavesacre seeds in one ounce of lard and straining while hot. It should be used the same as the mercurial ointments; it has the disadvantage of being poisonous.

The custom of using a solution of Fish Berries or stavesacre seeds in alcohol is not free from danger, and serious results have followed such use.

It is a fact worthy of note that all insects, including lice, are quickly destroyed by *oils*, either fixed or volatile, and it is claimed by some good authorities that it is the *fat* and not the mercury in blue ointment that kills the insects. If this be true, a good oiling of the hair would answer every purpose.

Kerosene will effectually eradicate lice and kill the nits, when applied to the head, and it is harmless.

Alcohol is also destructive to them. But no matter what remedy is selected, it must be continued until every opportunity for the insects to propagate has vanished.

Nits can be best removed from the hair by combing the hair with a fine comb kept moist by dipping it in vinegar.

BODY LICE, also known as *Crab Lice*, *Gray Backs*, etc., sometimes abound where humanity revels in filth, and from thence they occasionally find their way into more respectable quarters.

When they infest the body, the clothes should be thoroughly boiled and the surface of the body scoured with hot water and

carbolic soap. Blue ointment may be applied at the selective points, as at the bend of the elbow and in other places. Diligent measures should be continued for a long time.

MOSQUITOES.

Mosquitoes are found almost everywhere during summer, but are most numerous in damp and marshy localities.

Many remedies have been proposed to "keep off" mosquitoes, but I have but little faith in anything so far discovered. Smoke is used in rural districts and proves very effectual.

Oil of Pennyroyal has been largely used, but while it is unquestionably obnoxious to them, its effect soon vanishes. It is best applied in the form of the essence.

Spirits of Camphor is used, not only to keep them off, but to allay the irritation caused by their bites. I am fully convinced it is among our best remedies for both these purposes. To serve this double purpose I have for years compounded and sold the following:—

MOSQUITO LOTION.

Soap liniment,	1½ ounces
Carbolic acid,	6 drops
Spirits of camphor,	2 drachms
Aqua ammonia,	½ drachm
Oil of pennyroyal,	½ drachm.

Mix. Apply to hands and face to prevent and cure mosquito bites.

The irritation caused by the bites of mosquitoes and other poisonous insects is relieved by the application of dilute aqua ammonia, spirits of camphor, paregoric, or sweet spirits of nitre.

It is claimed that a little lather of soap allowed to dry over a mosquito bite will prevent the pain and burning.

MOTHS.

There are several varieties of these pests. They are very destructive to fur and woolen clothing, furniture, and carpets, especially during the summer months. All woolen and fur goods should be well aired in the spring and put away in tight chests or securely sealed in paper bags, or they should be rendered secure from moths by some anti-moth material.

Gum Camphor is more used than anything else to prevent

moths. It is very effectual, its odor is not particularly objectionable, and it soon evaporates when clothing is exposed to the air. It should be placed in trunks, bureau drawers, or elsewhere where clothing is kept. *Coal Tar Camphor*, or Naphthaline, occurring in white flakes, round sticks, balls, or squares, is an effectual preventive, but its odor is very offensive to some persons, and on this account is decidedly objectionable. *Tar Paper* is used by many and answers a good purpose. Perhaps the best remedy of all is the large bags and sheets of tar paper for sale at all drug stores. Clothing tied up in this paper is entirely safe from moths, and when opened it is almost entirely free from unpleasant odor. *Dalmatian Insect Powder* is an effectual preventive, but it has the objection of making a dust. To remove moths from carpet, place a wet sheet over it and iron dry with a hot iron. Turpentine, Benzine, or Insect Powder sprinkled under or around the edges of carpets will usually destroy them. When they get into upholstered furniture it is generally best to have it taken to pieces, fumigated, and replaced. Moths will often attack one chair or a sofa and not infest other furniture in the same room.

TREATMENT OF POISONS.

Poisonous substances are universally employed in the arts and sciences, in manufacture and in medicine, so that their use has become an every-day occurrence, and it is a matter of surprise that poisoning is not more frequent.

Books on the subject make various divisions of toxic substances; according to their nature, into mineral, vegetable, etc.; according to their effects, into narcotic, spinal, irritant, cardiac, corrosive, etc.

There is a variety of conditions that resemble poisoning so closely that it is difficult to decide what agents to class as poisons.

A good definition of the term is as follows:—

"A poison is a substance which, when absorbed into the blood, is capable of seriously affecting health or of destroying life."

The treatment of poisoning is limited in this connection to those acute cases calling for immediate attention. Cases of chronic poisoning, as from lead or phosphorus, are looked upon and

treated as diseases, their action having resulted in pathological, morbid conditions, which largely dictate the course of treatment.

WHEN A PERSON IS POISONED it is of the utmost importance to know just what to do at the time. *Life often depends on doing the right thing and doing it quickly.* Valuable efforts are often frustrated by excitement and fright.

As a rule, when a person has swallowed a poison he should be made to vomit as quickly as possible by giving a teaspoonful of powdered mustard or a tablespoonful of common salt stirred in a tumbler of warm water, repeated in ten or fifteen minutes if the first dose fails to act. Tickling the throat with the finger or a feather is a rapid and effectual way of producing vomiting. Drinking warm water always favors the action.

An endeavor should always be made to ascertain the nature of the poison swallowed, as a knowledge of this will assist in adopting radical measures for relief.

When the poison is unknown, the treatment must be conducted on *general* principles.

If the patient vomits, the action must be promoted by free draughts of tepid water.

If he is inclined to sleep, he must be kept awake.

If he is faint, he must lie down and take stimulants.

If the extremities are cold, heat must be applied.

After the stomach is emptied, bland drinks, such as starch or gruel, should be given. It is always safe, and apt to be beneficial, to give powdered charcoal and calcined magnesia, either alone or mixed. A physician should always be sent for.

ACIDS.

NITRIC ACID, OR AQUA FORTIS, SULPHURIC ACID, OR OIL OF VITRIOL, AND MURIATIC ACID, OR SPIRITS OF SALTS,

are sometimes swallowed by mistake.

Symptoms.—Severe burning pain in mouth, throat, and stomach, followed by inflammation, great thirst, and sometimes by purging of blood.

Treatment.—Some alkali, *the nearest one*, should be given—bicarbonate of soda, chalk, magnesia, soap and water, white-wash scraped from the walls, or the plaster itself powdered and washed down with water, egg shells, whiting, ashes, slacked lime, or lime water. Warm water should be freely drank, and the alkalies continued until the acid is neutralized; after which milk, the whites of eggs, and oil should be taken.

ACONITE.

One-half teaspoonful of tincture of aconite may prove fatal. It is often put in liniments, and care should be exercised that liniments are not given by mistake in place of the intended medicine.

Symptoms.—Numbness of the mouth and throat, tingling, pricking, and numbness of the skin, irritation of the heart, great weakness, difficult breathing, slow, weak pulse, prostration.

Treatment.—One teaspoonful of powdered mustard in a teacupful of warm water; repeat in ten minutes if vomiting does not result. Large draughts of warm water should be drunk. If no mustard is at hand, a tablespoonful of common salt in a cup of warm water may be taken instead. Strong black tea, decoction of oak bark, or, better than either, tannin should be taken. Milk or sweet oil will be useful. Teaspoonful doses of powdered charcoal in water should be drunk. The limbs should be briskly rubbed and heat applied to the hands and feet. The patient should lie down, and not undertake to sit up at all until the danger is passed.

ALCOHOL.

Poisoning by alcohol is very frequent. A person when profoundly intoxicated is poisoned, but medical interference is seldom instituted.

Treatment.—An emetic of mustard or salt may be given; cold water poured on the head and aromatic spirits of ammonia internally will have a tendency to remove the effects of alcohol. Vinegar in tablespoonful doses, frequently repeated, is a domestic remedy of considerable value.

AMMONIA.

Strong alkalies of all kinds are poisonous when swallowed. The ordinary *aqua ammonia* for household purposes is extremely poisonous, and it is a wonder that more accidents do not occur in its use.

The *symptoms* are extreme pain and burning as far as the poison reaches.

Treatment.—Give vinegar *immediately* and in sufficient quantities to neutralize the ammonia. Lemon-juice will answer the purpose, but vinegar is to be preferred, because it is generally within reach. It should be followed by olive oil, or, if this is not at hand, fresh milk should be freely drunk.

ARSENIC, FOWLER'S SOLUTION, "ROUGH ON RATS," PARIS GREEN, SCHEEL'S GREEN, POISON FLY PAPER.

Arsenic is more frequently employed with suicidal and criminal intent than any other poison, yet in using it cruelty is added to the crime, as intense suffering attends its action. It enters into commerce so largely that cases of poisoning from it are quite common. It enters into the manufacture of glass, wall paper, and coloring materials.

Symptoms.—Shortly after taking it, there is a burning pain in the stomach, faintness, thirst, pain in the throat, violent vomiting, pains in the bowels, with purging of offensive, bloody stools. The urine is scanty, dark, and bloody; pulse feeble and rapid; the features shrunken; there is headache, coldness, prostration, loss of consciousness, and collapse. Death may occur after a very few hours, or the patient may live for weeks.

Treatment.—Unless vomiting has taken place, it should be provoked by tickling the throat; teaspoonful doses of mustard in warm water, or mustard, salt, and warm water freely drank. After the above, large doses of magnesia or chalk should be swallowed; sugar and linseed oil, chalk, or sweet oil should be freely drank. Equal parts of lime-water and oil may be used instead.

Get at the drug store four ounces of *Dialyzed Iron* and take a tablespoonful every fifteen minutes.

The above preparation of iron and the sesquioxide of iron are antidotes for arsenical poisoning, and one or the other should always be used. These should not be depended upon entirely, but every means should be used to get rid of and prevent the action of the poison. *A physician should always be called.*

BELLADONNA, OR DEADLY NIGHTSHADE,

is a deadly poison. All parts of the plant are poisonous, the berries being the most likely part to be swallowed. The drug, however, enters so largely into medical practice in liniments, ointments, and internal remedies, that it is occasionally swallowed by mistake.

Symptoms.—The most characteristic symptom is dilation of the pupil of the eye. It always has this effect. The mucous membrane of the nose, mouth, and throat becomes exceedingly dry, and the flow of urine becomes profuse; redness of the skin, rapid pulse, and cold extremities follow.

Treatment.—Always empty the stomach, if possible, by tickling

the throat; give teaspoonful doses of powdered mustard, or table-spoonful doses of common salt in warm water, after which cold water may be thrown on the head. As opium is a physiological antidote, ten drops of laudanum may be given to an adult every fifteen minutes for two hours. Hot, strong coffee and stimulants internally, and mustard plasters and heat externally, may be necessary. The patient should be kept in the recumbent position.

CARBOLIC ACID AND CREASOTE

are both poisons in large doses. They should be kept out of the reach of children, and always marked "POISON." Carbolic acid has been known to cause death in a few minutes.

Symptoms.—Severe pains in the throat and stomach, dizziness, and convulsions.

Treatment.—Drink large quantities of olive oil, castor oil, or warm lard. Drink sweet milk in abundance, or warm butter may be drank.

HYDRATE OF CHLORAL

is a poison. It is claimed that when it is taken as a medicine it is sometimes transformed into chloroform in the blood, and the chloroform thus formed poisons the patient.

Symptoms.—The sleep is heavy, the face livid and bloated, the pulse weak. Sometimes death from chloral is very sudden.

Treatment.—Consists of administering an emetic and giving strong coffee or tea, dashing cold water on the chest, slapping the patient briskly.

Electricity has been used with success.

COPPER, BLUE VITRIOL, SULPHATE OF COPPER, VERDIGRIS.

The most common form of copper poisoning results from eating food cooked in copper vessels, or drinking soda water from fountains that are old, or have been out of use for some time.

Symptoms.—Coppery taste in the mouth, tongue dry and pointed, painful colic, violent vomiting and purging.

Treatment.—As this poison acts rapidly, remedies must be quickly applied. Milk and eggs should be swallowed in abundance. Do not take time to separate the white and yolk, but break them into a bowl with a little water or milk, stir and drink one

after another. Soap may be given, also half teaspoonful doses of bicarbonate of soda every five or ten minutes. *Do not give any vinegar.*

CORROSIVE SUBLIMATE, OR BICHLORIDE OF MERCURY,

is a most dangerous poison. As it is found in most all liquid "*bed-bug* poisons," and is being much used as a germicide by physicians, in dressings, washes, and during surgical and other operations, it is in a way to do much mischief. Physicians are not as careful as they should be in the use of this drug. Corrosive Sublimate is one of the most dangerous drugs to be found in a drug store. It is dangerous to health, and should never be manipulated by any person but the druggist. In my library is a standard work, in which, to compound a mixture for killing bed-bugs, instructions are given to "powder two ounces of corrosive sublimate"—an exceedingly dangerous procedure—with no intimation of its poisonous nature. It is a singular fact that eating acids or common salt after a dose of calomel, may form corrosive sublimate in the stomach.

Symptoms.—Burning pain in throat and stomach, metallic taste in the mouth, and offensive breath, violent vomiting, abdominal pain, and purging.

Treatment.—Empty the stomach, if free vomiting has not already taken place, by irritating the throat with the finger; if this fails, ground mustard, a teaspoonful in large draughts of warm water, should be repeated—afterward raw eggs should be eaten, the more the better; follow this by flour, stirred up in water, or, what is better, warm milk, which may be drank in large quantities.

DIGITALIS, OR FOXGLOVE.

Although rare, poisoning may occur from swallowing this drug.

Symptoms.—Vomiting, pain in bowels, purging of green matter, pulse irregular, great depression, dimness of vision.

Treatment.—An emetic should be given, unless vomiting has already occurred; tannin, strong tea, or strong coffee should be freely drank. Stimulants are sometimes given. The patient should lie down and not be allowed to sit up at all.

TINCTURE OF IODINE AND IODIDE OF POTASH

are poisonous in large doses. The *treatment* consists of swallowing large quantities of starch, followed by an emetic.

LEAD, SUGAR OF LEAD, WHITE AND RED LEAD.

Acute poisoning from an overdose of lead is rare.

Symptoms.—Vomiting, generally of a milky white substance, pain in the stomach and bowels, great thirst, constipation, hiccough, cramps, slow pulse, pale face, and prostration.

Treatment.—The stomach should be emptied and Epsom or Glauber salts freely administered with drinks acidulated with sulphuric acid.

LUNAR CAUSTIC, OR NITRATE OF SILVER.

A piece of caustic may fall into the throat and be swallowed while the throat is being touched with it, or a solution of the drug may be swallowed by mistake.

Symptoms.—These may be confined to the stomach as pain and a vomit, which is at first white, but turns black, or it may produce cerebral symptoms, as vertigo, convulsions, disturbed breathing, and prostration.

Treatment consists of giving, at once, large amounts of common salt. This is a genuine antidote. Milk should also be drank in large quantities.

OPIUM, LAUDANUM, MORPHIA, PAREGORIC, GODFREY'S
CORDIAL, BATEMAN'S DROPS, AND SOOTHING SYRUP,

furnish a large portion of the cases of poison, both accidental and criminal. A teaspoonful of laudanum, or one grain of morphia, are exceedingly dangerous amounts. Children and very aged people are very susceptible to the effects of opium, and are easily poisoned by it. Two drops of laudanum have been known to kill an infant.

Symptoms.—Sometimes a short period of excitement follows a poisonous dose of opium; this, however, is not always the case. If the dose is large, stupor comes on almost at once, drowsiness, giddiness, and a strong tendency to sleep; the eyes are closed; at first the sleep seems to be natural, but becomes difficult; pulse, at first, small and quick, and then slow. The pupils contracted;

this symptom being characteristic of opium poisoning. All the secretions are locked up, except that of the skin, which is increased. When death takes place, it is usually within from six to twelve hours after taking the poison.

Treatment.—Lose no time in emptying the stomach. Sulphate of zinc is the best emetic, ten or fifteen grains, repeated in ten minutes, or a teaspoonful of powdered mustard, or a tablespoonful of common salt in warm water should be given, and repeated, whether vomiting occurs or not. The greatest gain will be made in emptying the stomach as quickly as possible. A physician should be immediately sent for, and he should be informed of the nature of the case. This will enable him to come prepared to render the best possible service.

After the emetic, twenty drops of tincture of belladonna should be given every half hour until the pupils begin to dilate. Belladonna is a physiological antidote for opium, and should always be given. The patient should be *kept awake* by forcing him to walk between two persons, throwing cold water in his face or on his head, and slapping him with a cold, wet towel. In desperate cases do not hesitate to inflict pain to keep the patient aroused. Strong coffee and tea should be given. Much benefit may be obtained by the use of electricity in opium poisoning. Mustard plasters should be applied to the calves of the legs. If recovery seems hopeless, artificial respiration should be resorted to, and no effort spared, as hopeless cases are sometimes restored by diligent persistence.

OXALIC ACID,

formerly known as "*lemon salts*," is a powerful poison in large doses. It resembles Epsom Salts so closely that it has frequently been given when salts were intended.

Symptoms.—A hot, sour, burning taste in the throat and stomach, vomiting, generally within a few minutes, sometimes mixed with blood; headache, extreme debility, and clammy perspiration. Death may occur in a few minutes, or it may not result for days. One drachm of the acid has caused death.

Treatment.—Care and judgment should be exercised in treating oxalic acid poisoning. Lime and chalk are the best remedies. One or the other should be given *quickly* and *freely*, mixed with water or oil. Lime-water will answer. Use no soda or ammonia. Plaster may be scraped from the wall, powdered, and given. Do not wait for the doctor to come, but use these remedies *immediately*.

PHOSPHORUS

poisoning may occur from eating lucifer matches.

Symptoms.—Violent pain in throat and stomach, vomiting and purging, coldness and prostration.

Treatment.—First give an emetic, the more active the better; mustard in water, or, what is better, three to five grains of blue vitriol dissolved in water. Drink freely of warm water with magnesia, charcoal, chalk, whiting, or flour. *No oil of any kind should be given.*

PRUSSIC ACID AND CYANIDE OF POTASH

are perhaps the most rapid and deadly poisons in the whole list of toxic drugs. They should never be used by inexperienced persons, and not even handled, because the vapor coming from them may cause faintness, prostration, and perhaps death.

Symptoms.—Sudden and extreme prostration, when large doses are taken. Symptoms of poisoning are said to begin during the act of swallowing the drug, and almost always within one or two minutes, ending life in fifteen minutes or less.

Treatment.—Dash cold water in the face and on the chest, and then use hot water; thus by alternation keep up a powerful stimulation. Ammonia dropped on a handkerchief may be held to the nostrils, and stimulants administered.

STRAMONIUM OR JIMSEN WEED SEEDS

are sometimes swallowed by children. They are extremely poisonous.

The *symptoms* and *treatment* are practically the same as in the case of Belladonna, and the same measures should be adopted.

STRYCHNIA AND TINCTURE OF NUX VOMICA

are extremely poisonous. They are valuable medicines, but extreme care must be exercised in their use. One-half grain of strychnia has been known to kill a man.

Symptoms.—The first symptoms are restlessness, followed by spasmodic twitching or jerking of the muscles, which develops into spasmodic stiffening of the muscles of the whole body. The patient will stiffen from head to foot, and the paroxysms will

be severe and follow each other in succession, according to the size of the dose of poison swallowed. Death may take place in a few minutes; generally in two or three hours. The patient is greatly affected by the least draft of air or excitement.

Treatment.—Emetics should be immediately given and the throat tickled to induce vomiting. Give a teaspoonful of powdered mustard or a tablespoonful of common salt in warm water. If the poison has made this impossible, the patient should be placed in a dark room, without a light, or but little; not a particle of draft should be allowed, and no talking, not even whispering. A person who is poisoned by strychnia becomes intensely nervous, and the least current of air on the face, the most insignificant noise, or excitement of any kind is apt to bring on a paroxysm. Perfect quiet and repose are imperative. A physician should be summoned, but if the case is urgent do not wait for him. If any chloroform is at hand, give a half-teaspoonful in water every fifteen minutes until three or four doses have been taken, or it may be administered by inhalation. In the hands of the physician, chloroform is one of the best remedies. Two teaspoonfuls of elixir of chloral may be given every fifteen minutes until several doses have been taken. Artificial respiration should be resorted to, and continued as necessary.

TARTAR EMETIC, WINE OF ANTIMONY AND COXE'S HIVE SYRUP

are sometimes taken in poisonous doses. Infants and aged persons bear tartar emetic badly, and many cases of poisoning which have escaped notice have occurred, no doubt, from using the above articles. It is a treacherous drug. Less than a grain has been known to kill a child, and less than four grains has killed an adult.

Symptoms.—Violent and persistent vomiting, cramping pains, thirst, faintness, purging of watery discharges, coldness of the skin, clammy perspiration and prostration.

Treatment.—The vomiting, which is always a symptom, should be encouraged by drinking tepid water freely, with milk and other diluents. Strong green tea, coffee, or anything containing tannin, such as oak bark, or, best of all, tannin itself should be given. If the extremities become cold, heat should be applied.

TOBACCO

is a deadly poison. Swallowing thirty grains has produced death in less than an hour. The author is thoroughly convinced that its use in any form is always productive of injury.

Symptoms.—Faintness, nausea, vomiting, giddiness, delirium, loss of power in the limbs, relaxation of the muscles, trembling, complete prostration, coldness of the surface of the body, cold clammy perspiration, paralysis and death by fainting. The pupil is dilated, the eye is dim, the mind confused, the pulse faint and the breathing difficult.

Treatment.—Unless vomiting has taken place, an emetic should be given, the patient kept in the recumbent position and small doses of aromatic spirits of ammonia administered if the case is serious. Strong tea or anything containing tannin may be given.

SULPHATE OF ZINC OR WHITE VITRIOL

is sometimes accidentally swallowed in overdoses. It resembles Epsom Salts very much in appearance, and has been occasionally taken for that well-known cathartic.

Symptoms.—An overdose will produce pain in the abdomen; violent vomiting, coming on quickly; copious purging and great prostration of strength. It seldom proves fatal, as its emetic properties cause it to be speedily ejected from the stomach.

Treatment.—Tepid water, with milk, freely drank to promote vomiting; tannin or oak bark tea. If there is pain in the bowels an injection should be administered.

TOILET ARTICLES.

HANDKERCHIEF EXTRACTS, COLOGNES, ETC.

Colognes, Handkerchief Extracts, Toilet Waters, Sachet Powders, and *Perfumery* generally, are best when bought from the druggist, already made.

Sometimes persons try to make these articles themselves by purchasing the ingredients and mixing them at home; while others will request their druggist to compound long receipts, and he is obliged to make, in a few minutes, what requires days, or perhaps weeks, to do in the proper way.

Every wide-awake, competent druggist, keeps on hand a line of manufactured Extracts, which he has bought ready made because they are superior to any he can make unless he is fitted up for the business. He generally makes his own stock of toilet

waters and colognes, and from much experience I am prepared to say that the articles of this kind made by the druggist are superior to those sold in sealed packages. It requires time, however, to manufacture these articles, and those mixed extemporaneously from formulas in no way compare with such as the pharmacist has prepared according to the most approved methods. When he endeavors to sell an article of his own make, instead of filling a receipt which was perhaps cut from a newspaper, don't suspect his motives, but appreciate his efforts to furnish a superior article.

PRESTON SMELLING SALTS.

Crushed carbonate of ammonia,	$\frac{1}{2}$ ounce
Oil rose,	1 drop
Oil lemon,	5 drops
Oil lavender,	5 drops
Oil of cloves,	3 drops.

Mix and put in smelling bottle.

FINGER-NAIL POLISH.

The nail polish sold in the stores is simply Oxide of Tin colored with carmine and perfumed to suit. The following is a desirable

NAIL POLISH.

Pure oxide of tin,	$\frac{1}{2}$ ounce
Oil of lavender,	15 drops
Carmine, q. s.	

Mix. Rub on nails with nail polisher.

"MAGNOLIA BALM."

The following formula yields a preparation substantially the same as the genuine. It is quite harmless:—

Oxide of zinc,	4 drachms
Glycerine,	1 fluid ounce
Rose water,	2½ ounces
Carmine,	$\frac{1}{4}$ grain
Oil of bergamot,	1 drop
Oil of lemon,	1 drop.

Mix thoroughly.

"BLOOM OF YOUTH."

Flake white,	3 drachms
Carmine No. 40,	10 grains
Glycerine,	1 drachm
Rose water,	3 $\frac{3}{4}$ ounces.

Mix in a mortar. Shake before using and apply with sponge.

HAIR PREPARATIONS.**"SHAMPOO" FOR THE HAIR.**

When the hair and scalp are washed with a shampoo, the cleansing process should be concluded by washing with pure water. They should not be used too frequently, and never unless the condition of the hair and scalp requires their employment. Only enough to thoroughly wet the scalp should be used.

"SEA FOAM" SHAMPOO.

Ammonia water,	2 drachms
Cologne water,	2 drachms
Alcohol,	4 ounces
Water,	44 ounces.

EGG SHAMPOO.

The following is said to be an excellent combination to clean the scalp of loose scurf and dandruff:—

Yolk of one egg,	
Rain water,	1 pint
Rosemary spirits,	1 ounce.

Beat the ingredients thoroughly together and use them warm, rubbing the lotion into the skin of the head, followed by a thorough rinsing.

STAR HAIR OIL (NEW YORK BARBERS').

Castor oil,	6 $\frac{1}{2}$ ounces
Alcohol,	1 ounce
Oil citronella,	6 drops
Oil lavender,	12 drops.

Mix. An excellent dressing.

TEA HAIR TONIC.

Bay rum,	2 ounces
Glycerine,	2 ounces
Alcohol,	2 ounces
Black tea, made strong, . . .	10 ounces.

Mix and perfume to suit. The tea should be made strong (say one ounce of best quality to ten ounces boiling water); let stand till cool; strain and add other ingredients.

CASTOR OIL HAIR TONIC.

Castor oil,	6 drachms
Oil bergamot,	6 drachms
Oil cinnamon,	4 drops
Oil cloves,	4 drops
Oil lavender,	20 drops
Tincture cantharides,	$\frac{1}{2}$ drachm
Aqua ammonia,	1 drachm
Alcohol sufficient to make 8 ounces.	

Mix. Use as hair Tonic. An excellent preparation.

HAIR RESTORER.

Lac sulphur,	1 drachm
Sugar of lead,	1 drachm
Powdered copperas,	32 grains
Tannin,	32 grains
Rose water,	4 ounces.

Mix. Wetting the hair once a day for a couple of weeks with the above will invigorate and keep the color. It should not be used too lavishly.

HAIR TONIC.

Very useful in dandruff and coming baldness:—

Rock salt,	as much as will dis- solve
Glycerine,	one tablespoonful
Flour of sulphur,	one teaspoonful
Old whiskey,	$\frac{1}{2}$ pint.

Mix. Use as a hair tonic.

WASH FOR DANDRUFF.

Powdered borax,	20	grains
Lead water,	2	drachms
Rain water,	$\frac{1}{2}$	tumblerful
Glycerine,	1	tablespoonful.

Mix. Use twice a day.

DANDRUFF MIXTURE.

Chloral hydrate,	1	drachm
Glycerine,	4	drachms
Bay rum,	8	ounces.

LOTION FOR CHAPPED HANDS, Etc.

Tincture benzoin,	1	drachm
Glycerine,	1	drachm.
Bay rum to make	2	ounces.

CHAPPED HANDS.

Menthol,	10	grains
Salol,	8	grains
Glycerine,	$\frac{1}{2}$	drachm
Lanoline,	$\frac{1}{2}$	ounce
Petrolatum,	$\frac{1}{2}$	ounce.

Mix thoroughly. Rub on the hands morning and night.

WASH FOR THE FACE.

The following is an excellent lotion to prevent chap, cleanse the pores of the skin and remove sunburn :—

Powdered borax,	2	drachms
Glycerine,	$\frac{1}{2}$	ounce
Camphor water,	1	pint.

Mix. Wet the face morning and evening and let it remain on several minutes and wash off with rain water.

ASTHMA REMEDY.

The following will be found very useful in many cases:—

Iodide of potassium,	1½ drachms
Fowler's solution,	1 drachm
Hoffman's anodyne,	2 ounces
Tincture belladonna,	2 drachms.
Spirit of orange enough to make	6 ounces.

Mix. Take two teaspoonfuls in water an hour after meals.

ASTHMA REMEDY.

The following will be found extremely useful in many cases of this affection. Sometimes it relieves in a few minutes:—

Tincture lobelia,	1 ounce
Iodide of ammonia,	2 drachms
Bromide of ammonia,	3 drachms
Syrup of tolu,	3 ounces.

Mix. Dose, a teaspoonful every one, two, three or four hours, as required.

EPILEPSY CURE.

Brown-Sequard, the great French physician, prescribes the following for Epilepsy or Fits:—

Bromide of soda,	3 drachms
Bromide of potash,	3 drachms
Bromide of ammonia,	3 drachms
Iodide of potash,	1½ drachms
Iodide of ammonia,	1½ drachms
Carbonate of ammonia,	1 drachm
Tincture colombo,	1½ ounces.
Aqua enough to make	8 ounces.

Mix. Full dose for adult, one teaspoonful before each meal and one at bedtime.

EYE WATER.

Morphia sulphate,	3 grains
Zinc sulphate,	2 grains
Distilled water,	1 ounce.

Mix. Apply two drops to the eye every three hours for conjunctivitis.

LIP SALVE.

Cold cream, 1 ounce
 Glycerine, $\frac{1}{2}$ drachm
 Tincture of benzoin, 20 drops.

Rub the carmine with the glycerine and incorporate with the cold cream; then add the tincture of benzoin and rub the ointment until the alcohol of the tincture has evaporated.

FOR SOFTENING HARDENED EAR WAX.

Borax, 10 grains
 Glycerine, $\frac{1}{2}$ drachm
 Water, 1 ounce.

Mix. Two or three drops warmed and gently dropped into the ear every day for two or three days, to be followed by syringing the ear.

MAGNESIA MIXTURE FOR CHILDREN.

Useful in bowel affections and summer complaint.

Husband's magnesia, 1 drachm
 Powdered gum arabic, $\frac{1}{2}$ drachm.
 Triturate together, and add:—

Spiced syrup of rhubarb, . . . 3 drachms
 Fennel-seed water, $1\frac{1}{2}$ ounces.

Mix. Shake well. Dose, one teaspoonful for child.

MUCILAGES.**MUCILAGE OF GUM TRAGACANTH.**

Gum tragacanth, 1 ounce
 Boiling water, 16 ounces.

Macerate in a suitable vessel for twenty-four hours, occasionally stirring. Forcibly strain through linen.

MUCILAGE OF DEXTRINE.

Dextrine, good quality, $2\frac{1}{2}$ ounces
 Boiling water, 4 ounces
 Oil of cloves, 1 drop.

Proceed as directed for Mucilage of Gum Arabic.

MUCILAGE OF GUM ARABIC.

Powdered gum arabic,	1 ounce
Boiling water,	2 ounces
Oil of cloves,	1 drop.

Thoroughly dissolve and mix by gradually adding the water to the gum, and rubbing together in a Wedgwood mortar.

BILL POSTERS' PASTE.

Wheat flour,	1 pound
Water,	8 ounces
Powdered alum,	$\frac{1}{2}$ ounce
Oil of cloves,	5 drops.

Mix, and make a paste.

PASTE FOR STICKING LABELS ON TIN.

Rub 3 pounds of rye flour with water and add one pound of brown sugar. Boil and constantly stir until the flour is well cooked, adding more water as necessary. When cool add 1 ounce of powdered alum and 5 drops of oil of cloves.

TO FASTEN LABELS ON METAL.

Tragacanth mucilage,	$1\frac{1}{2}$ ounces.
Honey,	$1\frac{1}{2}$ ounces.
Flour,	$\frac{1}{4}$ ounce.
Mix.	

BAKING POWDERS,**NO. 1.**

Pure cream of tartar,	8 ounces.
Bicarbonate of sodium,	4 ounces.

Rub together thoroughly in a Wedgwood mortar and sift through a fine sieve. Set aside for twenty-four hours, and repeat the operation two or three times more, or until the powder ceases to be lumpy. Two or three teaspoonfuls are sufficient for a pound of flour.

NO. 2.

Pure cream of tartar,	5 $\frac{1}{2}$ ounces.
Bicarbonate of sodium,	2 $\frac{1}{2}$ ounces.
Tartaric acid,	$\frac{1}{4}$ ounce.
Wheat flour,	2 ounces.

Mix as directed above.

NO. 3.

Cream of tartar,	4 ounces.
Bicarbonate of soda,	2 ounces.
Corn starch,	2 ounces.

HYGIENE.

Hygiene, in the broadest and best sense, consists in co-operating with nature in the preservation of health and in the care of the human body.

During the few years just past, this subject, under the title of "Laws of Health," has become a matter of general consideration. The human body was made with definite faculties, dependent upon definite means of support, and in many ways subject to definite laws.

The food we eat, the air we breathe, the clothing we wear, and the exercise of the body, must all conform to certain necessities and conditions, or the health will surely suffer.

FOOD.

The hygiene of the food is exceedingly important. Wholesome and appropriate diet is within the reach of all; but modern customs, education, and cookery make rather a sorry pretence at following the laws of health. Our food is too concentrated, too stimulating, and we fail to follow the requirements of season almost entirely. We need more meats and a richer food in winter than in summer; during the summer months the diet should be largely vegetable, and non-heating in character.

The amount of food eaten is generally too large. When the consumption of food is beyond the requirements of the system, or beyond the powers of digestion, it fails to be properly assimilated.

lated, and the surplus only acts as a clog to the digestive process. It requires extraordinary mechanism to transform food into bone, muscle, nerve, and thought, and we cannot be too careful in closely obeying the laws which govern these functions. Food must not only be of the proper sort and proper amount, but it must be properly chewed and insalivated, and partaken of at regular and proper intervals.

It is well known that impure water is the source of much sickness, and it is a subject well worthy of more attention than it receives. Unfortunately, while water is abundant, we can seldom control the quality of that which comes to us. Pure water is a luxury which too few are privileged to enjoy.

CLOTHING.

We not only wear clothing to *keep us warm*, but to *regulate* the temperature of the body. In winter such materials should be worn as repel the external cold and retain the heat of the body. In summer it should consist of materials to resist the rays of the sun and at the same time permit the outgo of the heat from the body. At all times the clothing should be porous, so that the perspiration of the body may escape, and that pure air may find its way to the surface of the skin.

There are four materials used in clothing: linen, cotton, wool, and the skins of animals.

Linen is a rapid conductor of heat, is agreeable to the touch, and is pleasant to wear in summer, but, as a rule, should not be worn next to the skin, as it is apt to chill the surface too rapidly.

Cotton is warmer than linen, and on account of its being less rapid in conducting heat is more suited as an article of clothing. It is well adapted to summer wear, and affords a good protection against sudden changes of atmosphere.

Wool is a poor conductor of heat, is very porous, and absorbs moisture slowly, hence it is well adapted to protect the body from changes and extremes of atmosphere.

As a rule, flannel should be worn next to the skin, and we should depend more upon our underclothing to guard us from atmospheric changes, and less upon overcoats, wraps, etc. Two thin thicknesses of flannel are warmer than one thick one; and fine, loose, porous cloth is warmer than that closely woven; light-colored clothing is warmer in winter and cooler in summer than dark colored.

Heavy garments, which burden the wearer, are always to be

avoided; they are no warmer than those of less weight, and they are a source of much fatigue.

Much of the "all wool" clothing and fabrics of the dry goods merchant are not wool at all; a strict law is needed upon this point, as it is impossible for any one except an expert to decide between woolen cloth and the imitation.

BED CLOTHING is as important as that worn during the day. Most people sleep under too much covering, which prevents the exit of the bodily perspiration, always increased at this time, and the passage to the surface of the skin of pure air from the outside. The weight of over-heavy quilts hinders the respiration and tends to exhaust the various forces of the body. As far as possible bed-clothing should be made of wool. The bed itself should be comfortable and somewhat resisting.

To say that the feet should be kept dry and well-shod is almost superfluous. Shoes should be made the shape of the feet, neither too small nor too large; the soles should be substantial and somewhat thick. The stockings; which should they be—cotton or wool? The general belief has been that woolen stockings are to be preferred, but some recent writers are strongly in favor of *cotton* hose. Woolen may be better for those troubled with cold feet, but for those who are troubled with sweaty feet—by far the majority of people—those made of cotton are no doubt to be preferred.

VENTILATION.

A supply of pure air is the most constant necessity to human existence. Each healthy person breathes 7,000,000 times annually, inhaling 100,000 cubic feet of air and purifying nearly 1,000,000 pounds of blood.

It is not necessary, as many imagine, that the supply of air must be cut off, in order to destroy life. We only appropriate one element of the air in breathing. We take into our lungs all kinds of impurities that may be in the atmosphere, yet oxygen is the only one which is properly absorbed by the lungs. The nitrogen of the atmosphere passes out of our lungs just as it entered, and if there is a lack of oxygen in the air, or if other gases have taken its place, our bodies must continually suffer.

The air as it passes from the lungs is surcharged with impurities, and a single breath to a limited extent will contaminate the air of an entire room. Who has not felt the ill-effects of breathing the foul atmosphere of a closed room filled with people? Besides this, the excretions of the skin are constantly tainting the air, and

no law of nature is more imperative than that demanding that the atmosphere which we breathe shall be kept pure and fresh.

We all know that if the oxygen is taken from the air entirely, the remaining gases only act as a poison; if the air we breathe is deficient in oxygen it acts as a *slow poison*. . . "One not very strong, or unable powerfully to resist conditions unfavorable to health, and with a predisposition to lung disease, will be sure, sooner or later, by partial lung starvation and blood-poisoning, to develop pulmonary consumption. The lack of what is so abundant and so cheap—good, pure air—is unquestionably the cause of this terrible disease."

The air of living and sleeping rooms should, as near as possible, be kept as pure and fresh as air out of doors. Aside from its effect upon the general health, impure air causes stupidity and languor during the daytime, and mental restlessness and wakefulness at night.

There are a great many false ideas and prejudices in regard to the air. Many suppose that the night air is unhealthy, and close their bed-room windows, and spend their sleeping hours in re-breathing their own breath. The air of cities and large manufacturing towns is often purer at night than during the day, and in all places open night air is to be preferred to that of closed sleeping apartments. Bed-room windows should be opened a little at both bottom and top, and the bed-clothing graduated to secure comfort. Cold fresh air promotes sleep, and those who spend their hours of repose in such an atmosphere awake in the morning recuperated in body and well supplied with physical vigor.

Some people think that it is a good thing to "get good and warm" before going out in the cold. Parents will instruct their children to stand close to the stove, and when they are in the worst possible condition to resist a change of temperature, will send them out in the wintry blasts. Nothing could be done to sooner invite sickness. There is an almost universal belief that it is the cold atmosphere out of doors which causes so many people to contract colds, coughs, etc., during winter months. Such, however, is not the case. It is because the indoor apartments are so poorly ventilated and over-heated, that the system becomes debilitated, and the powers of resistance become inoperative. If our houses were as well ventilated in winter as in summer, we would be more exempt from sickness during winter than in hot weather. Many sitting-rooms, offices, school-houses, and churches are kept as warm or warmer during the coldest winter weather than during the hottest days of summer, and as no air is admitted

from the outside in many instances, the air is incomparably more devitalizing.

Ventilation is becoming a consideration in architectural designs, and the houses of the future will no doubt be very differently constructed from those of the past. It is just as important that favorable entrances for pure air and exits for impure air be considered in building a house, as windows to admit sunlight and chimneys to carry out the smoke.

The Ventilation of Sick Rooms requires the admission of pure, fresh air from the outside, without causing a strong draft upon the patient, and without changing the temperature of the room to any considerable extent. Yet the air must *circulate* in the room. The foul air in a room is sure to find an exit, if pure air is admitted in sufficient amount. If there is an open fire-place, the chimney serves as an excellent conductor of foul air. When the draft from the outside is too great through a window slightly lowered or raised, a strip of muslin, one or two thicknesses, may be drawn over the opening to check the incoming draft. If the air is let in at the top of the window, it will be much less apt to affect the temperature of a room. It should be remembered that the carbonic acid gas exhaled is heavier than natural air, and consequently sinks to the floor; in effecting its exit an opening such as a fireplace or doorway is better than vents more elevated.

The removal of all offensive substances from the sick-room, and the thorough disinfection of all vessels and utensils used therein, must, of course, be attended to.

The mechanism of heating apparatus, chimneys, flues, transoms, hall-ways, and other air mains, is now in many instances in accordance with the laws of ventilation. In the construction of new houses, both private and public, if more attention were given to this subject and less to the style and shape of the exterior, an improvement of the general health of the dwellers within would result.

PERSONAL CLEANLINESS.

The functions of the skin are numerous. It both secretes and excretes; its substance is penetrated by numberless glands, and there is constantly passing off from the skin a vapor known as the insensible perspiration. The amount of unnoticed perspiration passing off from the skin during twenty-four hours is not far from two pints; in summer it is much more, and in winter somewhat less. The sweat consists of about ninety-nine parts of water and about one part solid matter.

If the perspiration is entirely checked death will ensue in a very

short time, and it cannot be interfered with without correspondingly affecting the general health. An illustration of how the activity of the skin affects health is shown in the currying of animals; those so treated being kept in much better condition than those receiving less attention. Unless the skin is washed and kept free from the accumulations caused by the sweat and the exudations, its action is impaired.

The action of the skin is closely related to that of the various internal organs. During extreme hot weather, to a large extent it does the work of the kidneys; when the blood is laden with impurities, as in rheumatism, jaundice, malaria, etc., a cure can often be greatly hurried by promoting the action of the skin. The special employment of water constitutes the practice of *Hydrotherapy*, and the success which frequently accompanies this form of treatment clearly demonstrates the importance of keeping the skin active and in good condition.

Many of the diseases, such as congestions, inflammations, catarrhs, and "torpidities," consist simply of a clogged condition of some internal organ or part, and is in most instances amenable to treatment directed to the skin.

Not only should the body be kept clean, but the clothing also. Clothing should be changed at proper intervals. Wearing adhesive or porous plasters for weeks or months at a time is a bad practice, tending to clog and injure the parts needing stimulating and purifying.

BATHS.

Bathing the body should be a part of the regular habits of every healthy person, and it should occupy a dominant place in the treatment of the sick.

Immediately after rising is the best time to bathe, and it is not necessary that the body be immersed in water. The temperature of the water should be suited to individual requirements; in winter it should be tepid, and in summer cold. Salt, acids, or alkalies may be sometimes added with advantage.

SPONGE BATH.—Fill a basin with soft water of the desired temperature, and with a sponge quickly wet a part of or the entire body; dry the skin with a soft towel, and follow by friction with a coarse towel or flesh-brush for four or five minutes until the surface is all aglow. If the weather be cold or the bodily vigor limited, only a portion of the body should be gone over at a time; by bathing a small surface at a time, and using rapid friction, the most delicate person can take a bath and feel refreshed in consequence, even in the coldest weather. The body should never be

allowed to become chilled during or after a bath, and if there is languor or depression following, it shows that the reaction is incomplete and the best effects of the bath lost.

The above plan of bathing is of great service in the sick-room, and there are few conditions, indeed, where a partial bath of this sort daily will not greatly benefit, and it should be considered a desirable part of the treatment in all cases of sickness.

The ACID BATHS, referred to elsewhere, will be found extremely useful in chronic diseases, especially of the liver.

COLD BATH.—Immersion of the body in cold water is extremely exhilarating to those in robust health, but delicate and feeble persons should be careful in adopting such measures. A bath should not be taken immediately after a meal, nor when the body is fatigued; the time in the water should be limited to a few minutes, and the subsequent reaction should be complete. The habit some people have of remaining in bath for an almost indefinite time is often injurious to health. The hygienic and medicinal virtues of a bath consist in cleaning and promoting the healthy action of the skin, and in stimulating the physical vigor, and if chilliness, blueness of the skin, or depression, accompany or follow, it has failed to benefit.

TEPID AND HOT BATH.—Immersing the body in warm water brings the blood to the surface of the body and increases the action of the skin. While it should not be practiced daily, except in special cases, it is extremely important that it be practiced at least once a week. A tepid bath is when the temperature is from 70° to 80° and a hot bath is of a temperature of 96° to 102°. From ten to twenty minutes is long enough to remain in hot water, and the immersion should take place gradually, and the entire surface should be thoroughly rubbed after coming from the water. The use of Cologne, Florida water, or Bay Rum, applied on a towel, is exceedingly grateful and refreshing after such a process, and renders the skin much less susceptible to the cold.

TURKISH BATH.—This form of bath consists in the application of dry heat and is often called a "*sweat*." It is generally practiced only in large cities and towns, where establishments are to be found specially fitted up for their administration. The same principle may, however, be carried out in a somewhat modified form in any home. A small alcohol lamp, *well protected to avoid anything catching fire*, is placed under a wicker chair, and the patient is to be stripped of clothing and seated upon the chair, and the patient and chair are to be wrapped in one or two large blankets. The heat from the lamp will soon cause profuse sweating. Instead of the lamp, several hot bricks may be placed

under the chair. Liberal friction with towels should follow the bath.

RUSSIAN BATH.—This form of bath consists in the application of heated moisture, and may be practiced in the home by fixing the end of a tube over the spout of a kettle and conducting the other end under a cane-seated chair upon which the patient is seated, as in taking a Turkish bath. Slaking quick-lime under the chair will generate a decided heat.

The bath may be continued for five to fifteen minutes, when the patient should be quickly dried and put to bed.

It should not be forgotten that hot baths are very debilitating and are not to be used except as ordered by a physician.

HOT FOOT-BATH.—This is known to all and is of great service in incipient colds, fevers and inflammations, headaches and catarrhal conditions. The feet should be immersed in a large bucket, nearly full of water, as hot as can be borne, and fresh hot water added as it cools.

Mustard may be added when a counter-stimulant action is required. At bed-time is the best time to take a hot foot-bath. A hot foot-bath, prolonged for hours, is an excellent way of treating sprains of the ankle-joint.

A **SITZ-BATH** consists in sitting in a basin, tub, or other vessel of hot water for ten to thirty minutes, with a thick blanket thrown around the shoulders of the patient in a manner to confine the vapor. This form of bath is of great service in diseases of the lower abdomen, piles, dysentery, etc.

IN THE SICK-ROOM.

The following was written by an eminent English physician, and should be read by every person who has occasion to attend upon the sick. We heartily give it a place here:—

Do not walk on tiptoe, for this, in addition to its unusual elaboration of the gait, invariably causes a certain amount of creaking.

Speak in low tones, *but don't whisper*; a whisper will often awaken a sleeper who would not be disturbed by ordinary conversation; and never say "Hush!" Let your clothes and foot covering be of as noiseless and unobtrusive a character as possible, and instead of gliding and tottering about like a rickety ghost, do not hesitate to walk. *If you have occasion to say anything in the room, say it so that the patient can hear it if he wishes, and do not*

let him be aware of your conspiring privately with others, especially at the door.

That door has much to answer for. If it be visible from the bed, people open it cautiously, put their heads in, and slowly withdraw again. If, as is more frequently the case, it is screened by the bed curtains, mysterious openings and shuttings are heard, unattended with any ingress or egress, and *sotto voce* colloquies go on outside. *When you enter, do so honestly and at once; do not spend five minutes in turning the handle, like a housebreaker*, thereby producing a series of irritating little clicks, finally terminating in a big snap, with which the door flies open. If the latch be at all rusty, a handle that is slowly wound back in this way will often stick, and either require to be rattled back into position, or, if left as it is, may start back suddenly after a time, of its own accord, with a report like a pistol shot.

It is always well to recollect that it by no means follows that a sick person is asleep because his eyes are shut; he may be acutely conscious of all that is passing in the room, though unable or unwilling to make any sign; and nothing can be more maddening, under such circumstances, than to have people hush-shing and whispering around, and creaking about on the tips of their toes. We have all sympathized in our hearts with poor Sir Leicester Dedlock when his tongue was smitten with paralysis, with his sister constantly bending over him with clasped hands and murmuring, "He is asleep!" till, goaded to desperation, he makes signs for his slate and writes, "I am not."

Never stand at the foot of the bed and look at the patient. While talking to him it is better to sit by the side of the bed, and as near the pillow as possible, so that you may converse easily, while your face and body are turned in the same direction as his. By this means, you can make all necessary observation of his features without enforcing the arrest of his eyes to your own, which is so embarrassing and disagreeable to one lying in bed, and is almost unavoidable when facing him. Keep him as comfortable as possible, by all means, but don't be too demonstrative in smoothing the pillows and little offices of that sort. Fidgety attentions will worry him, and do him more harm than downright neglect.

When you are sleepy, it is better for your charge, as well as for yourself, that *you should go to bed at once*, and get that repose in slumber to which you *must* succumb eventually, however strong your devotion may be, and however great the interests at stake. It is not necessary to dwell here on the prudence of economizing your strength, that you may be capable of greater or prolonged exertions, should the need for them arise, or to look at this detail

from the point of view which affects yourself. But in any case, you can be of little or no service, worn out with fatigue, and in a condition more akin to somnambulism than vigilance, and the spectacle of a nodding, dozing nurse is neither soothing nor reassuring to the sufferer; while, if you be one near and dear to him, he will be tormented with anxiety lest you should impair your own health on his account. In such a case as this, you cannot do better than lie down *comfortably on a sofa or bed* where he can watch you, and there have a good nap—for his sake.

Some people have a great notion of "tempting the appetite" by the suggestion of all manner of eatables and drinkables, or by bringing them ready prepared to the bedside experimentally. This, no doubt, is very well at times—during convalescence, for instance; but as a medical man, I am persuaded that it is a mistake in the earlier stages of an illness, when all food is loathed alike, and the creation of an appetite is an impossibility. *The only thing to be done is to impress on the invalid the necessity of taking what is ordered for him at stated times, just as he takes his medicine; and it should be prepared on the same footing as a medicine—with the understanding that it is a nauseous dose, and must be presented in a form that will admit of its being swallowed as compactly and rapidly as possible. It is worse than useless to employ flavoring matters at this stage, with the idea of making anything palatable; if you can render his food absolutely tasteless, you will do far more for him.* And beyond this forcible administration, so to speak, of a certain amount, I think little good is gained by suggesting this or that delicacy, in the hope that your patient may be induced to "fancy" something. We may take it for granted that when he feels inclined for anything he will ask for it spontaneously; and the promptings of nature are more likely to lead him to a choice of what is best for him, than our string of suggestions. I have frequently observed that when sick people have mentioned a desire for any special food, they almost invariably eat of it when it is procured; whereas it often happens when they have been persuaded to assent to something which has been proposed, the inclination—if it ever existed—has passed away before the dish or article can be brought to them.

I say, "if it ever existed;" for there is no doubt that *a patient often yields to suggestions in sheer extremity, simply for the sake of peace.* I happened to be in a sick room the other day, when a relative arrived on the scene. She had been warned to repress all emotion, and succeeded very well; but her tender solicitude was wholly irrepressible. I am sure that she asked at least twenty questions in less than a minute, until the unhappy sufferer

writhed under them. "Shall I raise your head a little? Will you have another pillow? Wouldn't you like your head a little higher? Let me fan you? Will you have the blind up. What can I get you? Some arrowroot? Do try some! I am sure you will be more comfortable with another pillow. Will you have one?—yes; do! I'll go and get one. Will you have a cup of tea? I'm sure it would do you good. A cup of tea won't take a minute," etc. The cup of tea has been a dreadful instrument of torture in the hands of well-meaning people, who would not knowingly have teased a fly.

These are small things, you will say. But *a small thing in health is often magnified to a great matter in sickness*, and the sum total of them all may be as serious in their effect as the disease itself. It will be seen that the few points upon which I have laid stress are such as are calculated to promote tranquillity of mind—which, indeed, is half the battle in medical treatment. It is generally conceded that a trained nurse, who has no interest in the patient beyond that which the duties of her office impose, is better fitted to expedite his recovery than those who are bound to him by ties of affection, however welcome their presence may be in the hour of affliction.

CONCLUDING REMARKS.

The last page has been written: our work is finished, and now awaits the judgment of the public. With all the stability claimed—and justly claimed—for medical science as the gathered wisdom of the world's experience in the treatment and cure of diseases, such a work as the present could not have been written thirty years ago,—for thirty years have made changes both in the character of diseases and the character of the remedies required in our modern civilization. Diseases are modified by climate and the habits of the people, as plants are modified by climate and the character of the soil in which they are grown.

Forty years ago large doses and "heroic" treatment carried the day. Calomel and jalap, the lancet, and the forbidden use of water in cases of fever, were the dominant factors in medical practice. Now "bleeding" (except metaphorically) is almost unknown. We have no *Dr. Sangrados* at the present day; calomel

doses have dwindled from ten grains to one, or even one-tenth of one, and it would puzzle most people to tell what jalap is.

Numerous pathies have, indeed, sprung up in these latter days, demanding recognition and obtaining toleration; but all use the medicines of the "Old School." Nux vomica, for example, is a leading remedy with some, and homœopathists prescribe this, and a hundred other medicines, in cases exactly similar to those for which the so-called allopathists prescribe them. In the present work nux vomica, aconite, and other virulent poisons are recommended in small but not infinitesimal doses, and with words of caution annexed. If any think they can beneficially use such drugs in still smaller doses than we prescribe, we shall not quarrel with them so long as the test of experience is not against them. All true medical practitioners acknowledge the test of experience as the supreme and only arbiter in medical science.

If we are right in the position we take, that the system of medical practice herein set forth, with its modern improvements, is a faithful embodiment of the best medical learning of the age, it is a system that ought to be understood by all practitioners, of whatever pathies. Then let all study it thoroughly, and if their experience can amend it, the change will gradually work its way to recognition; but let all remember that *theories* alone—for all charlatans traffic in them—are worse than worthless and dangerous impediments to reform, unless they have a very great amount of practical wisdom to sustain them. The medical fraternity of the present day is an enlightened and philanthropic body, and is always as ready to welcome genuine reform as to frown upon ignorant pretenders.



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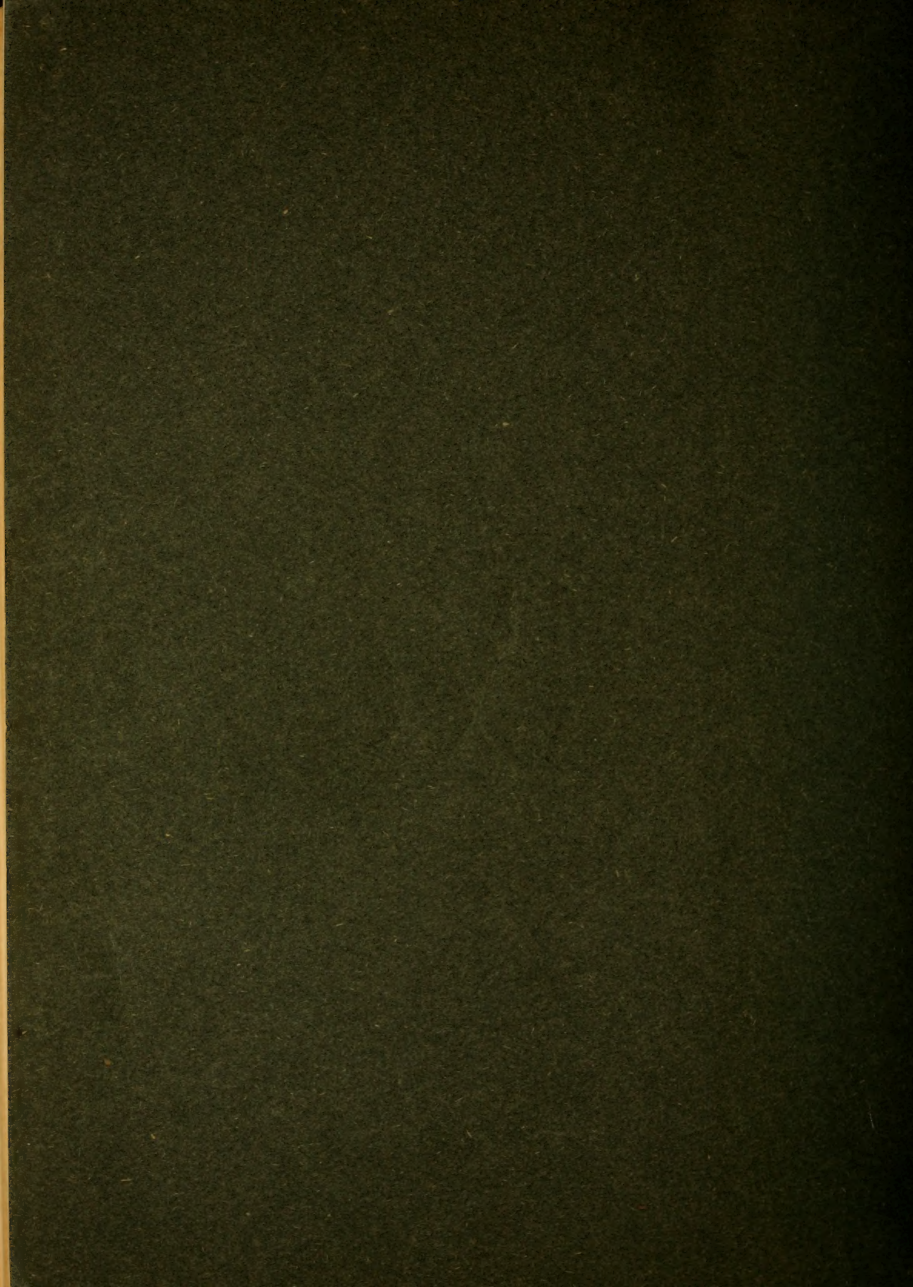
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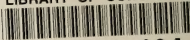
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